MARTHA STEWART

Living



103 WAYS TO SAVOR THE SEASON

summer all-stars:

grilled steak
pulled pork
lobster rolls
tropical drinks
peach crumble

keep cool with no-cook dinners!

\+

TAKE BETTER PHOTOS
(AND SHOW THEM OFF WITH 10 CLEVER IDEAS)

▲ Fire up the grill for corn on the cob with bacon and fresh herbs. PAGE 39

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Martha's Summer

Gentle reminders, helpful tips, and important dates.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Hang flags for Fourth of July *Cardio and core*	3	4 **INDEPENDENCE DAY**
5 Horseback ride	6 Bring fresh eggs to the office *Weight training*	7 Pick raspberries and gooseberries for jams	8 Have donkeys Billie, Rufus, and Clive's hooves trimmed	9 Weed gardens *Cardio and core*	10 Cut early hydrangeas	11 Parrish Art Museum Midsummer Party in Water Mill, New York (*parrishart.org*)
12 Skylands staffer Cheryl DuLong's birthday	13 Lucinda Scala Quinn's birthday *Weight training*	14 Celebrate Bastille Day with fruit tarts	15 Soap-spray vegetables to prevent whitefly infestation	16 Bring cats to vet for checkups *Cardio and core*	17 Plant new crop of lettuce, carrots, and beets	18 Maine
19 Hike Otter Cliffs, in Acadia National Park	20 The Garden Conservancy Skylands tour	21 Deadhead perennials *Weight training*	22 Plant bare areas of gardens	23 *Cardio and core*	24 Pick basil; make and freeze pesto	25 Clean stables
26 Friend Charlotte Beers's birthday	27 *Weight training*	28 Stake and tie tomatoes *Pilates*	29 Inspect beehives; make first batch of honey	30 Friend Edward Booth-Clibborn's birthday	31 Maine	

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Bike ride Breakfast with friends
2 Hike and lunch at Jordan Pond House	3 My birthday! Celebrate with family and friends	4 Speak at the Independent Garden Show in Baltimore (*igcshow.com*)	5 Maine	6 Boat ride to Little Duck Island	7 Pick wild Maine blueberries	8 Brother George and wife Rita Christiansen's anniversary
9 Horseback-ride through Acadia	10 *Weight training*	11 Plant autumn cabbages and broccoli	12 Give mature vegetables to chickens	13 Pick rosemary; gather in bunches to dry	14 Plant collards and kale for autumn harvest	15 Fertilize roses for last time this season
16 Morning hike with the dogs	17 CEO Dan Dienst's birthday *Pilates*	18 Harvest and can first tomato crop	19	20 *Cardio and core*	21 Schedule dermatologist appointment	22 Weed and groom herb gardens
23 30	24 31	25 Place straw under pumpkins and gourds	26 Harvest pears	27 Harvest artichokes *Cardio and core*	28 Remove spent annuals from cutting gardens	29 Horseback ride



STORAGE TIP

Enjoy the flavor of garden-fresh tomatoes long after summer's over by freezing them. Start by coring a just-picked batch with a paring knife, then blanch and peel. Store in the freezer, in tightly sealed jars (leaving ¾ inch of room) or airtight bags.

MARTHA'S GARDEN



Must-Have Garden Tool

Weeding can be taxing on hot summer days. Give yourself a break by switching out a typical hand cultivator for a long-handled version. Gentler on your back and knees, it digs deep into the soil to rip out weeds and helps prevent their seedlings from taking root.

Forged cultivator, *by Ames, $16, homedepot.com.*

PHOTOGRAPH BY BRYAN GARDNER; ILLUSTRATION BY BROWN BIRD DESIGN

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INSTAGRAM FAVORITE

Thanks to all who showed us their patriotic colors! Here's a special salute to @drawkevindraw's splendid shot of the waving American flag. Follow us on Instagram for the chance to see your photo here.

@marthastewart



COLLECTING

Set the mood for a good old-fashioned picnic with a vintage basket. We especially love the example from Burlington Basket Company, *bottom*, which holds multiple courses—and plates, too.

eBay search term: *vintage picnic basket*



LIVING BOOK CLUB

No matter where your summer takes you, we have just the read to tote along. Rebecca Makkai's *Music for Wartime* (Viking) offers up an eclectic collection of short stories—each perfect for a quick literary break. If you're stuck at home, get away with the three women in *The Ladies of Managua* (St. Martin's), by *Martha Stewart Weddings*' Eleni N. Gage, which transports you to Nicaragua and New Orleans. Looking to lose yourself in an unforgettable novel? Toni Morrison's *God Help the Child* (Knopf) does not disappoint. Visit our website for more on these books and five others we're excited about.

marthastewart.com/book-club

Out & About

Where we've been, what we've seen, and where you'll find us.



ON THE ROAD

How excited were we to see Harbs, purveyor of delectable Japanese-style cakes, open its first American café just blocks from our office? We popped in recently for one of Martha's favorites: the mille crêpe, featuring fresh fruit layered amid custard and whipped cream.

Harbs, New York City harbs.co.jp/harbs



AMERICAN MADE MARKET

A Summer Shop's sailcloth duffel boasts three pockets, so you can stash (and find) all your weekend necessities in one place. For more travel essentials and other one-of-a-kind pieces, visit our American Made eBay Market.

ebay.com/americanmade

VIDEO

Everyday Food

In her series Everyday Food, food editor at large Sarah Carey demonstrates how to prepare easy summer recipes featuring fresh seasonal ingredients. Our favorites include grilled-fish tacos with corn salsa, strawberry-mint lemonade, and blackberry upside-down skillet cake. Check our website for details on these recipes and more from Sarah.

marthastewart.com/summermadeeasy

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Fill pull-apart rolls with lobster, chicken, or egg salad—and you've got yourself an easy appetizer. For a fun presentation, serve the filled rolls while still attached!

THE URGE TO BEELINE for a lake or the ocean once the mercury rises is undeniable, and it's not just because we're seeking relief from the heat. Water has the power to calm and restore—and isn't that what we all want come summer, to kick back and let go?

So it's no coincidence that three of the stories in this issue are about island retreats. "Relaxed, by Design" (page 76) features one stylish couple's kid-friendly weekend home on Shelter Island, New York. While having a beautifully designed house was important to them, feeling at ease living in it was even more so. In "Island Idyll" (page 94), food editor Shira Bocar gives us a tour of her favorite destination, low-key Decatur Island off Washington State, where she and her family get away to go crabbing, cook, eat—and do little else.

Martha also shares her island escape: When she wants to relax, she gardens, and Skylands—her home on Mount Desert Island, along the coast of Maine—is a wonderful showcase for her green thumb. Get an inspiring glimpse of her "Terrace in the Treetops," a lush oasis with an awe-inspiring view, on page 68. (Check out the July issue of *Architectural Digest*, too, to see Skylands' gorgeous interior.)

The hope, of course, is that this carefree state of mind continues even when we're landlocked and even when the temperature starts to dip again. Our strategy: Turn vacation photos into pretty mementos to admire all year long (see "Picture This," on page 88). Still need a little help getting into the spirit? Mix yourself one of the delightful summer cocktails from "Tropical, With a Twist" (page 86). That ought to do the trick.



Eric A. Pike

Eric A. Pike, editor in chief

PS Be sure to pick up a copy of *Everyday Food*'s summer special issue (think tacos, kebabs, ice pops, and more), on newsstands July 1! It's packed with clever entertaining ideas and easy recipes for fast family meals.

RECIPE

LOBSTER ROLLS

Active/Total Time: **25 min.**
Makes: **12**

I am so excited about our latest book, Martha Stewart's Appetizers *(Clarkson Potter), that I just have to share this recipe. The book will be released on September 8 but is available for preorder now!*

- **1 pound cooked lobster meat (from 3 lobsters), chopped (2¼ cups)**
- **½ cup mayonnaise**
- **2 tablespoons fresh lemon juice**
- **2 tablespoons minced fresh chives**
- **1 tablespoon fresh chervil, plus more for serving**
- **Coarse salt**
- **¼ teaspoon Old Bay seasoning**
- **⅛ teaspoon cayenne pepper (optional)**
- **12 pull-apart dinner rolls, such as King's Hawaiian Sweet or Martin's (do not separate)**
- **4 tablespoons unsalted butter, melted**

1. Preheat oven to 350°. Stir together lobster, mayonnaise, lemon juice, chives, chervil, 1 teaspoon salt, Old Bay, and cayenne in a large bowl.

2. Split rolls across tops; brush generously with some of melted butter. Heat in oven on a baking sheet until warmed through, 3 to 5 minutes.

3. Divide lobster salad among rolls, drizzle with remaining butter, sprinkle with more chervil, and serve.

DAVID MALOSH (ROLLS); MATTHEW WILLIAMS (PORTRAIT)



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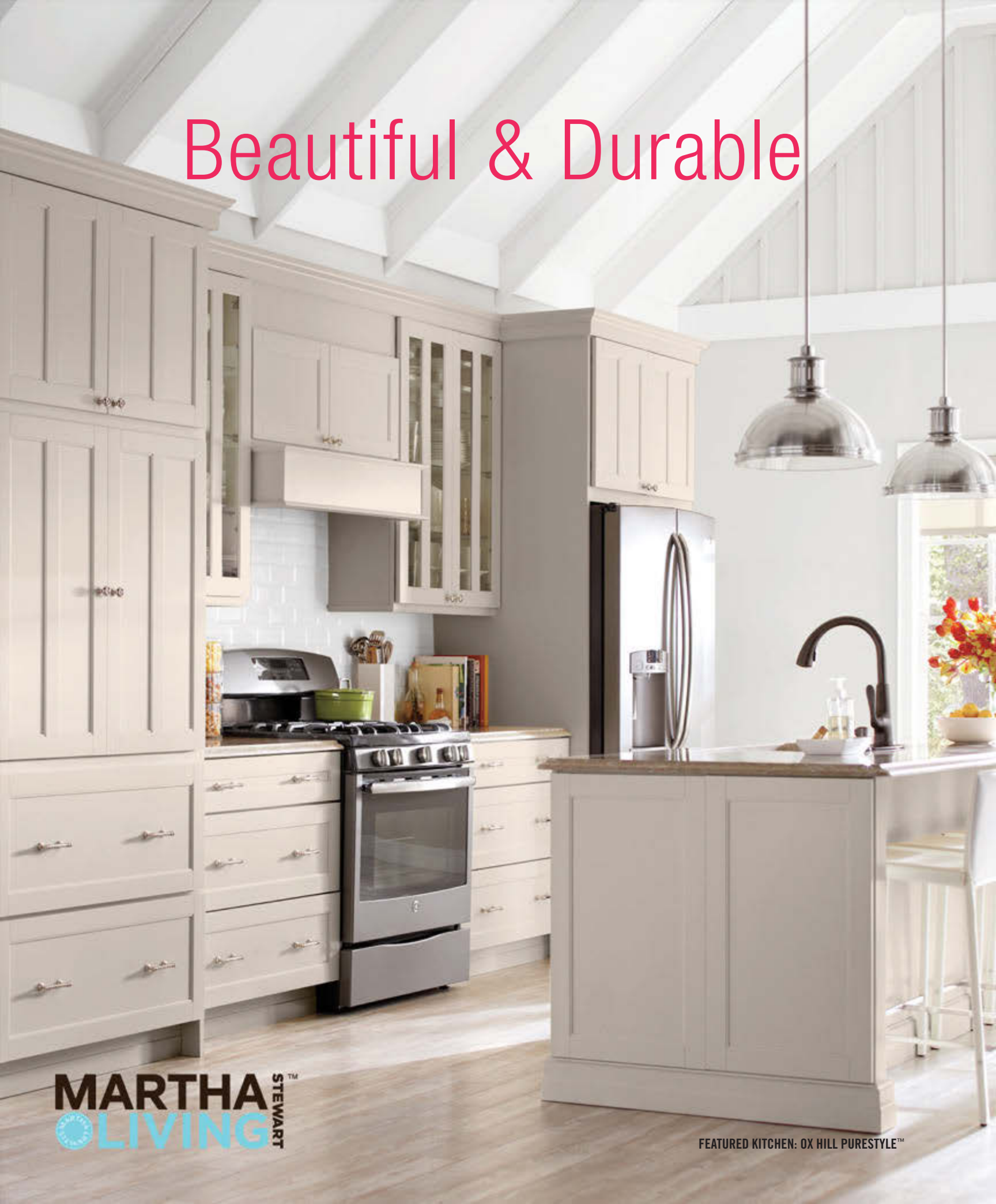
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PIETER ESTERSOHN

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On the Cover

The delicious tradition of grilled high-summer corn with an added Mediterranean touch: bits of bacon, fresh oregano, and grated Parmesan (see page 39). Photograph by Marcus Nilsson.

MARCUS NILSSON (SUNDAE); AARON DYER (POM-POM); GABRIELA HERMAN (TEXTILES); BRYAN GARDNER (SANDWICHES)


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FROM MARTHA

Teach and Inspire



Super Sundaes

It's easy to turn simple scoops of ice cream into sensational desserts with a variety of sauces and toppings. My new favorite sundaes borrow familiar flavor combinations, and though they all start with vanilla ice cream, the results are anything but ordinary "vanilla."

PHOTOGRAPHS BY MARCUS NILSSON

Sweet transformations: Strawberry shortcake, coconut-chocolate candy, and Key lime pie inspired these three sundaes.

Ice Cream Sundaes

FROM MARTHA



I am always rethinking dessert. I've never been a big consumer of plain ice cream on its own—but I am a longtime fan of sundaes, banana splits, and ice cream sodas. I started serving "embellished" ice cream at informal dinner parties and discovered that everyone loves digging into a delicious combination of ice cream and flavorful toppings and other components.

Personally, I love strawberry shortcake. I adore Key lime pie. And a Mounds bar right out of the freezer is a great way to cool down on a hot summer day. Take the basic ingredients of these three delectable favorites, add a scoop or two of ice cream, and you have a delightful dessert for a summer dinner party or an afternoon barbecue, or simply a lazy-day treat.

Each sundae here begins with vanilla ice cream—make your own (try my recipe at *marthastewart.com/vanilla-ice-cream*), or use a good-quality store-bought version. Then add simple-to-make components that can be prepared in advance. Butterscotch and strawberry sauces, lime curd, rich pound cake, crunchy shortbread, and chocolate-almond-coconut clusters are my preferences. Please imagine and invent your own sundaes. Blueberry pie? Peach cobbler? Italian plum cake? Enjoy!



Any ripe, juicy berries will work as well as strawberries.

STRAWBERRY-SHORTCAKE SUNDAES

Make the most of berry season by swirling a quick sauce into ice cream and spooning more on top.

Active Time: **30 min.**
Total Time: **3 hr.**
Serves: **6 to 8**

- **1 quart vanilla ice cream**
- **Strawberry Sauce (recipe follows)**
- **2 cups sliced strawberries, plus whole berries for serving**
- **3 tablespoons sugar**
- **2 teaspoons fresh lemon juice**
- **Pinch of coarse salt**
- **Pound cake (store-bought or homemade; for recipe, go to *marthastewart.com/cream-pound-cake*) and whipped cream, for serving**

1. Beat ice cream in a bowl just until softened. Fold in ¾ cup sauce, leaving streaks. Transfer to a loaf pan; cover with plastic wrap. Freeze at least 2 hours and up to 2 weeks.

2. Toss strawberries with sugar, lemon juice, and salt in a bowl; let stand 30 minutes.

3. Slice cake ½ inch thick, then cut out 2½-inch rounds with a cookie cutter. Place 2 scoops of ice cream in each serving glass. Add a pound-cake round, more sauce, and some sliced-strawberry mixture. Top with another scoop of ice cream, a dollop of whipped cream, and a whole berry; serve.

STRAWBERRY SAUCE

Active/Total Time: **25 min.**
Makes: **1½ cups**

- **1 pound strawberries, quartered**
- **1 cup plus 2 tablespoons sugar**
- **¼ teaspoon coarse salt**
- **1 tablespoon fresh lemon juice**

Stir together berries, sugar, salt, and lemon juice in a saucepan. Bring to a boil, mashing with a potato masher and stirring frequently. Cook at a low boil, stirring more frequently as mixture thickens, until sauce clings to a spoon, about 10 minutes. Skim foam from top. Let cool completely.

HAIR BY JAMES VIDES AT SALLY HERSHBERGER; MAKEUP BY DAISY SCHWARTZBERG



Consider Echo Beach your destination for versatile summer style. With over 20 ways to arrange it, this popular sectional collection lets you create a backyard lounge that truly fits your needs. Dinner à deux? Neighborhood barbecue? Kids' birthday party? The possibilities are as endless as your imagination.

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Pier 1 IMPORTS™



COCONUT-CHOCOLATE SUNDAES

If you love coconut-chocolate candy bars, this may be your dream dessert. Ice cream coated in shredded coconut is served with bourbon-spiked butterscotch sauce and a crunchy chocolate-almond topping. You will have more of the topping than you need—and that's a very good thing, as it's also excellent on its own.

Active Time: **10 min.**
Total Time: **2 hr. 10 min.**
Serves: **6 to 8**

- **1 quart vanilla ice cream**
- **3 cups sweetened shredded coconut**
- **Chocolate, Almond, and Coconut Clusters (recipe follows)**
- **Vanilla-Bourbon Butterscotch Sauce (recipe follows)**
- **Unsweetened flaked coconut, for serving (optional)**

1. Line a baking sheet with plastic wrap. Scoop ice cream into ¼-cup balls. Roll in sweetened coconut to cover and place on baking sheet. Cover with more plastic wrap and freeze at least 2 hours and up to 2 weeks.

2. Place a coconut-coated ball in the bottom of each serving glass. Sprinkle with clusters. Top with a second scoop and more clusters. Spoon sauce over top, sprinkle with unsweetened coconut, and serve.

VANILLA-BOURBON BUTTERSCOTCH SAUCE

Active/Total Time: **10 min.**
Makes: **1 cup**

- **1 cup packed light-brown sugar**
- **1 stick unsalted butter**
- **1 vanilla bean, split lengthwise**
- **⅓ cup heavy cream**
- **1 to 2 tablespoons bourbon**
- **¼ teaspoon coarse salt**

In a saucepan, bring brown sugar, butter, and vanilla to a boil; cook, stirring occasionally, 2 minutes. Remove from heat. Stir in cream, bourbon, and salt. Return to heat; bring to a boil and cook 30 seconds. Let cool slightly before serving. Sauce can be stored in refrigerator up to 1 week; warm over low before serving.

CHOCOLATE, ALMOND, AND COCONUT CLUSTERS

Active Time: **15 min.**
Total Time: **45 min.**
Makes: **3 cups**

- **1¼ cups slivered almonds**
- **½ cup sugar**
- **¼ teaspoon coarse salt**
- **½ cup unsweetened flaked coconut**
- **3 ounces semisweet chocolate, melted**
- **¼ cup unsweetened cocoa powder**

1. Preheat oven to 350°. Spread almonds on a baking sheet and toast, tossing occasionally, until golden, 8 to 10 minutes. Let cool completely.

2. Bring sugar and 2 tablespoons water to a boil in a saucepan, stirring until sugar is dissolved. Continue to cook, without stirring, until a thermometer registers 235°, about 3 minutes.

3. Add almonds; cook, stirring, until sugar begins to crystallize, about 1 minute. Stir in salt. Continue to cook, stirring, until a sandlike coating forms on nuts, about 1 minute more. Stir in coconut. Pour onto a parchment-lined baking sheet; let cool 30 minutes.

4. Transfer nut mixture to a bowl. Add chocolate, stirring to coat. Return to sheet; separate into clusters with a fork. Refrigerate at least 30 minutes and up to 2 days. Before serving, toss with cocoa powder, tapping off excess.

Ice Cream Sundaes

FROM MARTHA



KEY LIME–PIE SUNDAES

These little citrus fruits, in season during the summer, pack a punch—they have a more intense flavor than the more common Persian limes (which can also be used here). Shortbread stands in for the "crust," and a bruléed meringue topping completes the pie-like sundae.

Active Time: **20 min.**
Total Time: **2 hr. 20 min.**
Serves: **6 to 8**

- **1 quart vanilla ice cream**
- **1 cup Lime Curd (recipe follows), plus more for serving**
- **3 large egg whites**
- **¾ cup sugar**
- **½ teaspoon pure vanilla extract**
- **Shortbread Triangles (store-bought or homemade; recipe follows)**

1. Beat ice cream in a bowl just until softened. Fold in curd, leaving streaks. Transfer to a loaf pan; cover with plastic wrap. Freeze at least 2 hours and up to 2 weeks.

2. Combine egg whites and sugar in a heatproof bowl set over a pot of simmering water; whisk until sugar is dissolved and mixture is warm to the touch. Transfer to a mixer and whisk until stiff, glossy peaks form, about 7 minutes. Whisk in vanilla. Transfer to a pastry bag fitted with a large star tip.

3. Scoop two balls of ice cream into each serving bowl. Top each with curd. Pipe meringue on one side; use a small kitchen torch to brown meringue. Serve, with shortbread.

LIME CURD

Active Time: **15 min.**
Total Time: **1 hr. 15 min.**
Makes: **2 cups**

- **2 large eggs, plus 6 large yolks**
- **1 cup sugar**
- **4 teaspoons finely grated lime zest, plus ¾ cup fresh juice**
- **6 tablespoons unsalted butter, room temperature**
- **1¼ teaspoons coarse salt**

Whisk together eggs, yolks, sugar, zest and juice, butter, and salt in a saucepan. Bring to a simmer, whisking constantly; cook until thickened, about 5 minutes. Strain through a fine sieve into a bowl. Press plastic wrap directly onto surface of curd; refrigerate at least 1 hour and up to 1 day.

SHORTBREAD TRIANGLES

Active Time: **30 min.**
Total Time: **1 hr. 40 min.**
Makes: **32**

- **2 cups all-purpose flour**
- **1¼ teaspoons coarse salt**
- **2 sticks unsalted butter, room temperature, plus more for pan**
- **¾ cup confectioners' sugar**

1. Preheat oven to 300°. Whisk together flour and salt in a bowl. In another bowl, beat butter on medium-high speed until fluffy, 3 to 5 minutes. Gradually add sugar, beating until combined; continue to beat until mixture is very pale, about 2 minutes more. Reduce speed to low; beat in flour mixture.

2. Place dough on a piece of parchment and shape into a rectangle. Top with a piece of plastic wrap and roll out slightly less than ¼ inch thick. Trim to a 10-by-12-inch rectangle. Transfer dough and parchment to a baking sheet. Refrigerate until firm, about 20 minutes. Cut into quarters lengthwise, then crosswise into quarters to create smaller rectangles. Cut rectangles on diagonal, creating triangles. Pierce all over with a skewer.

3. Bake until firm in centers and golden brown, 45 to 50 minutes. Transfer sheet to a wire rack; immediately recut triangles with a paring knife. Let cool completely. Shortbread can be stored up to 1 week.

There's always room for dessert.



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GOOD THINGS

Upgrades, Solutions, Inspirations



CRAFT

FLAME-FREE FIREWORKS

Let little ones get hands-on with the Fourth of July fun: Make festive "sparklers" they can wave, shake, and twirl safely. They're fashioned from fringed tissue paper, with a few silvery strips for added flair. For the how-to, turn the page.

PHOTOGRAPHS BY AARON DYER

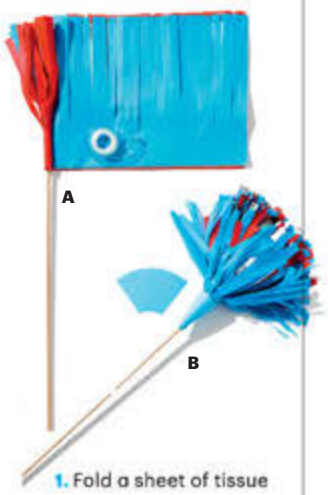
HOW-TO

Fourth of July Pom-Pom

Supplies

Red, white, and various shades of blue tissue paper, 30 by 20 inches
Fringe cutter
Mylar paper
Wooden dowel
Double-sided tape
Card stock

Fringe cutter, *by Martha Stewart Crafts, $25, michaels.com.*
Dowel, *¼", $1, homedepot.com.*



1. Fold a sheet of tissue paper into thirds vertically. Cut one edge so you have 3 stacked strips, then fringe them using cutter. Repeat with 2 more sheets of tissue paper.

2. Cut a strip of Mylar paper to match tissue-paper segments; fringe.

3. Layer fringed segments together. Roll up on end of dowel, as shown (*A*), applying tape repeatedly along unfringed edge of tissue paper as you roll.

4. Cut a cone of card stock, as shown (*B*). Wrap around base of pom-pom; tape to secure.

FOOD

Just Peachy

A simple swap is all it takes to reimagine panzanella. This Italian summer salad usually features cubes of day-old rustic bread and tomatoes, tossed with basil leaves and a simple vinaigrette. But slices of ripe, juicy peaches in place of, or in addition to, the tomatoes bring a different (but entirely welcome) sweetness to the mix. Any standard panzanella recipe will do. (Find ours at *marthastewart.com/panzanella*.)



CRAFT

Get a Grip

Try this simple party trick to embellish everyday glassware with stripes: Dress them up with colored rubber bands in a variety of widths. The bands also prevent slippage from condensation.



Use red and blue for your Fourth of July celebration.

TIP

Simplify grill cleaning by scrubbing the grates directly after cooking. Shut off the gas first, or let the coals die down. Then rub the still-hot grates with balled aluminum foil to loosen and remove any burnt-on bits.

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Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

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FOOD

Fiery Crackers

This DIY spicy-sweet party snack is sure to spark taste buds—and conversation. To make the crackers, bring ¼ cup pure maple syrup, 3 tablespoons Sriracha, and 2 tablespoons unsalted butter to a boil in a saucepan, stirring until combined. Toss with 4 cups oyster crackers and 6 thyme sprigs. Spread onto a parchment-lined rimmed baking sheet. Bake in a preheated 275° oven, stirring a few times, until coating is set, about 45 minutes. Let cool completely before serving. The crackers can be stored for up to a week in an airtight container.



Line cups with parchment for serving.



FOOD

An American Pie

Serve up a patriotic pizza for the Fourth of July: Tomatoes, cheese, and blue potatoes create the unmistakable flag design. To start, stretch 1 pound pizza dough (for a recipe, go to *marthastewart.com/pizza-dough;* you'll need half of this recipe to make one pie) onto a 13-by-18-inch rimmed baking sheet brushed with extra-virgin olive oil, pushing the edges up the sides to create a border; season with salt and pepper. Toss ½ cup paper-thin slices of blue potato with 1 tablespoon extra-virgin olive oil and 1 teaspoon fresh rosemary leaves; layer in upper-left corner. Sprinkle 2 cups shredded mozzarella over remaining dough, inside border. Slice 1 pint cherry tomatoes into ¼-inch rounds and arrange into 7 stripes on dough. Bake in lower third of a preheated 500° oven until cheese is bubbly and crust is set, 10 to 12 minutes. Immediately dot small pieces of mozzarella onto potatoes for stars.

Show us your pizza-making skills by tagging photos on Instagram with *#flagpizza*.

CRAFT

Pack Some Punch

Make any day a party! These pennants can be punched out and linked together in minutes. We like to label pitchers with them, but you can use them to create any message you wish. To get the most out of your colored paper (and minimize waste), cut sheets into strips before punching and alternate the triangles' direction, as shown, *far right*.



1. Use a pennant punch to cut out flags from multiple colors of card stock.

2. Link flags together by inserting paper bar at corner of one flag into hole of another. Continue until you reach desired length.

3. Use markers or a white paint pen to add letters to triangles.

Pennant Garland punch, *$22, martha stewartcrafts.com.*



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CRAFT

Petal to the Metal

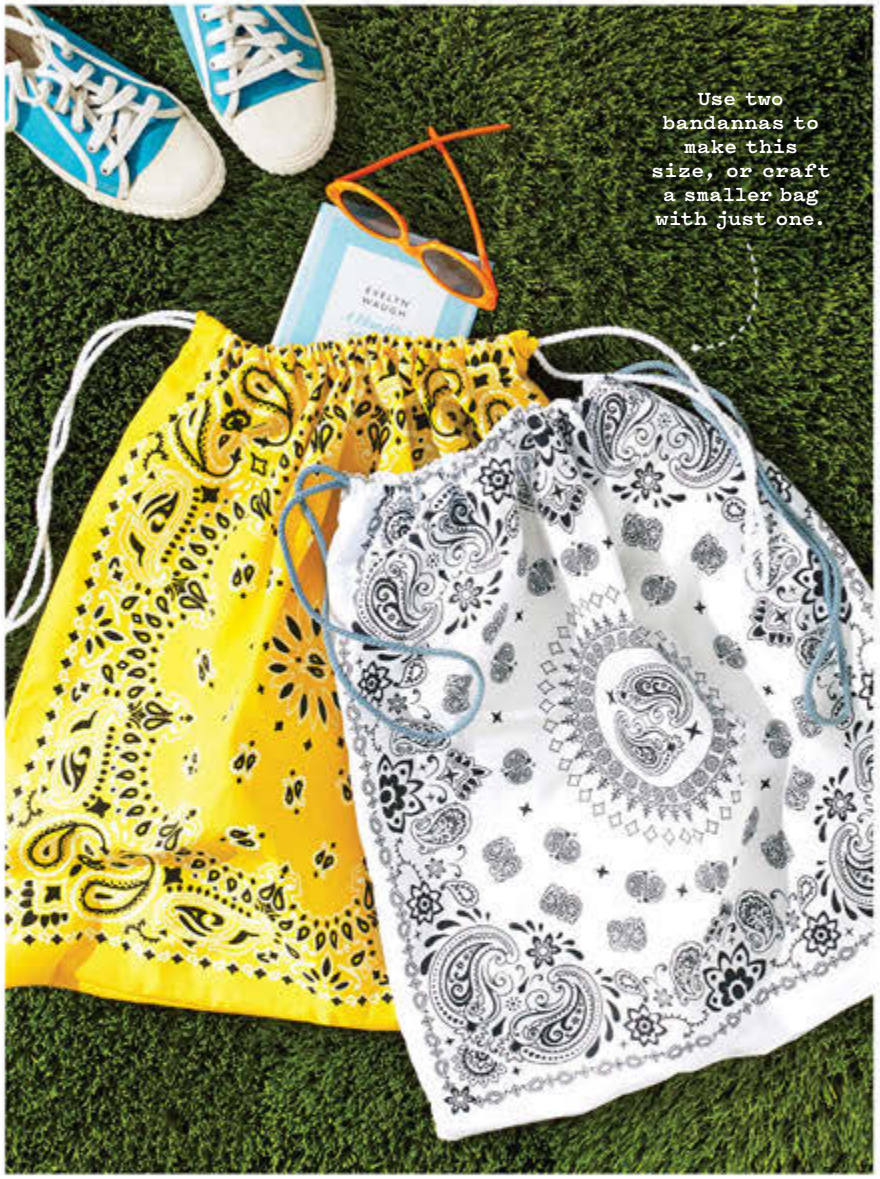
Stretch just a few hydrangea stems into decorations for the whole table by using them to form blooming napkin rings. For the freshest results, hold off on making the rings until a couple of hours before mealtime.



1. Snip a hydrangea head into individual "blooms."

2. Cut thin gold wire to a length that will wrap around your napkins. Thread through base of each bloom until wire is almost covered.

3. Wrap wire around a napkin; twist ends together. Fold sharp ends in. Repeat for remaining napkins.



CRAFT

Totes Cute

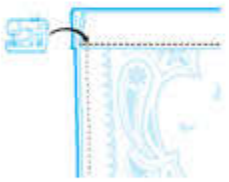
Corral all the essentials for an afternoon in the park or at the beach with this summery carryall, sewn with just a few straight seams.

Supplies

- 2 bandannas
- Sewing machine and supplies
- Pins
- Cord

Bandannas, *by Back to Basics, $2 each, michaels.com.*

Create a channel for cord by folding over one edge of a bandanna 1½ inches; sew down. Repeat with second bandanna. Line up bandannas with patterns facing each other; pin together. Start sewing just below channels, down one side, along bottom edge, and up other side, as shown, *below.* Turn right-side out and thread cord through channel. Tie ends of cord together; adjust so knot is hidden in channel.





HOME

Raising the Bar

Hand towels stay where they belong with this simple hanging solution: A rolling towel loop provides double the drying power while keeping towels on the rack and off the floor. To create one, use a sewing machine to stitch two matching hand towels together at one end, then apply Velcro fasteners to the other ends. (This way, you can detach the loop for laundering.)

ILLUSTRATION BY BROWN BIRD DESIGN

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Check out the Makers of More in upcoming issues of *Martha Stewart Living*, and discover the maker in you at **pinterest.com/Triscuit**.

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FOOD

Grate Expectations

If you grow zucchini (or have a neighbor who does), chances are your summer menus are full of it. Think outside the chopping block by grating the squash. For each of these recipes, shred 2 medium zucchini on the large holes of a box grater. (You should have about 4 cups.) Toss with ½ teaspoon coarse salt in a colander set over a bowl. Let stand 10 minutes. Squeeze out excess moisture with your hands—then get cooking.



ONE-POT PENNE WITH ZUCCHINI AND PARMESAN

Cook 8 ounces penne in a pot of generously salted boiling water until al dente. Drain pasta directly over zucchini in a colander. Transfer both to pot; toss with 3 tablespoons extra-virgin olive oil, ⅓ cup grated Parmesan, ½ teaspoon minced garlic, and ¼ teaspoon red-pepper flakes. Season with coarse salt and freshly ground pepper. Serve, dressed with more oil and cheese.



ZUCCHINI BRUSCHETTA

Melt 3 tablespoons unsalted butter in a large skillet over medium-high. Add ¼ cup minced shallot; cook 1 minute. Add zucchini; cook until tender and golden, 5 minutes. Stir in ¼ teaspoon red-pepper flakes; season with coarse salt and freshly ground pepper. Serve atop toasted baguette slices, drizzled with extra-virgin olive oil.





ZUCCHINI SLAW

Toss zucchini with 1 thinly sliced celery stalk; 1 Gala apple, cored and cut into matchsticks; 1 tablespoon red-wine vinegar; ¼ cup toasted sunflower seeds; and ¼ cup fresh basil leaves, sliced, if large. Season with coarse salt and freshly ground pepper; serve.



ZUCCHINI CORNBREAD MUFFINS

Stir zucchini into dry mixture of our favorite cornbread recipe (go to *marthastewart.com/cornbread*) before adding wet ingredients. Brush a standard 12-cup muffin tin with softened unsalted butter; divide batter evenly among cups. Bake until golden on top and a toothpick inserted into centers comes out clean, 15 minutes.

TIP

To keep your backyard tablecloth from blowing in the breeze, add weights: Sew a triangle of fabric onto the underside of each corner with a basic straight stitch. Leave the long side open and place two washers inside. (Remove them before laundering the tablecloth.)




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BEAUTY & STYLE

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One shade does not fit all: Choose from fair, medium, and dark tints, with finishes ranging from matte to a subtle sparkle.

Glow Getters

Why brave the heat and sun to get a tan when there are so many customizable UV-free options? Whether you're aiming for something that shouts, "I've been at the beach!" or a more understated result, read on for foolproof ways to fake a bronze look.

PHOTOGRAPHS BY YASU + JUNKO

PROP STYLING BY ELIZABETH PRESS

DIFFERENT STROKES

What kind of science transforms pasty limbs to the perfect shade of sun-kissed? It depends on the formula.

Instant tanners These contain quick-drying dyes that immediately impart a bronzed look. While they won't rub off on clothes, they will rinse away with soap and water.

Sunless tanners Most self-tanners fall into this category. The formulas are made with dihydroxyacetone (DHA), a sugar molecule that reacts to amino acids on the skin's surface to darken it—usually within three hours of application. The effect remains until the skin cells naturally slough off, taking the faux bronze color away with them. The drawback? Mistakes are obvious and can stick around for days (though you can speed the process by exfoliating). For application tips, see "Liquid Sunshine," *below*.

Gradual tanners Using these daily will mimic the gradual darkening of a natural tan. Formulated as body creams with a hint of DHA, they moisturize your skin while incrementally darkening it with each application.

If you're afraid of missing a spot, look for tinted formulas, which contain vegetable dyes. These act as a "guide color" and wash off in the shower to reveal bronzed skin underneath.

OUR TOP-TAN LIST



1. Natural Paraben- and alcohol-free, **Jane Iredale Tantasia self-tanner & bronzer** works well on dry, sensitive skin. *$36, janeiredale.com.*

2. Serum Three drops of **Clarins Golden Glow Booster** in any face cream build a subtle bronze. *$30, clarinsusa.com.*

3. Foam Leave **St. Tropez Self-Tan Express bronzing mousse** on for an hour, then shower to reveal a faint tone. Or keep it on longer to deepen the color. *$44, sttropeztan.com.*

4. Lotion Get instant gratification with **L'Oréal Sublime Bronze Tinted self-tanning lotion.** *$11, lorealparisusa.com.*

5. Tan Extender A dollop of DHA in **Jergens Natural Glow Tan Extender daily moisturizer** doubles the duration of any tan—sunless or otherwise. *$9, jergens.com.*

6. Matte Finish Blur spider veins with **Per-fékt Matte Body Perfection gel.** *$48, sephora.com.*

7. For Legs Light reflectors in **Lancôme Flash Bronzer Tanning leg gel** make limbs look lean. *$42, lancome.com.*

8. Mist Tan and soothe with the aloe-infused **James Read bronzing spray.** *$35, sephora.com.*

LIQUID SUNSHINE

For a glow timed perfectly to a special occasion, apply sunless tanner 48 hours in advance. Stick with a light but even layer; you can always add more later. "Moisturize daily and your tan may last up to a week," says Sophie Evans, a tanning expert for St. Tropez.







A fake tan hides bruises, scars, and veins.

STEP 1

Exfoliate

Slough away dead cells (and any old self-tanner) with an oil-free body scrub. Pay close attention to your elbows, knees, ankles, and heels.

STEP 2

Moisturize

Excess tanner grabs onto dry areas. Soften rough patches by spot-treating them with lotion; don't forget the spaces between fingers and toes. Let dry.

STEP 3

Apply

Start with your arms, from shoulders to wrists. Cover your legs, from thighs to tops of feet. Optional: Give your torso, chest, and upper and lower back a swipe.

STEP 4

Rinse

Wash your hands with soap to avoid darkly stained palms. Dry well. Add a dab of tanner to the backs of your hands; rub together to spread it from wrists to nails.

PHOTOGRAPHS BY BRYAN GARDNER (LIQUID SUNSHINE)



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Double-stranded styles use twice the suggested cord length; fold it in half twice, then follow the same basic knot technique (see step 2, *right*).

KNOTTY BY NATURE

Remember braided-rope sailors' bracelets? They're still a camp tradition, not to mention summer's unofficial accessory, but we've updated them with bold colors and simple wooden beads. Opt for cords made of natural fibers like cotton (available at sewing-supply or trim stores), and take your pick of beads from crafts shops (make sure they're big enough to accommodate the cord thickness). The materials pack well for road trips, and the technique is a cinch. So spend a rainy afternoon or a long flight creating one, or a whole bunch—giving them to friends is part of the fun.

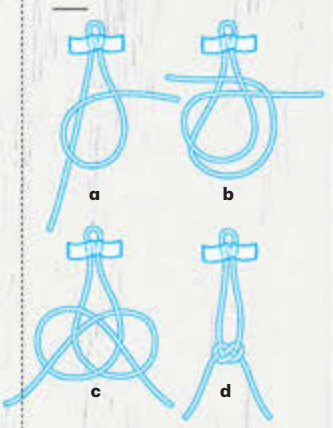
PHOTOGRAPH BY AARON DYER

After making each knot, flatten and straighten it with your fingers.



No knots here. Just cut an 18-inch piece of cord and thread beads on as desired. For the closure, thread the ends in opposite directions through a larger bead, add a small bead to each end, and secure with glue.

HOW-TO



1. Cut a 50-inch length of cord; fold in half. Tape fold to a flat surface.

2. Make a knot: Take right strand and create a circle on top of left strand (*a*). With left strand, make a loop around circle, weaving end under right strand just above circle (*b*). Pull same strand toward left and under itself to form a pretzel (*c*). Tighten by pulling the two ends outward (*d*). Work knot up to desired spot.

3. Keep making knots (as in red-orange bracelet, *left*), or thread ends into a bead (as in yellow bracelet). Hint: To thread cords through beads more easily, wrap the ends with transparent tape.

4. Repeat steps 2 and 3 until bracelet fits (about 6 inches). Trim loose strands to 5 inches. Thread a bead onto each end, with ½ inch of cord peeking out, then glue with strong craft adhesive. Remove any tape on ends; fray ends with a pin.

Sources

Spindle cord *(SIC-3104), by Shindo, in colors 126, 109, 10, 132, and 24; in sizes SS, S, and M; from $1.50 a meter, 212-868-9311.* **Oval wooden beads** *(BE2010, BE2030), from $1.75 for 20; and* **round wooden beads** *(BE1020), $2.50 for 100, craftparts.com.* **E6000 craft adhesive,** *by Eclectic Products, $5, michaels.com.*

PROP STYLING BY HELEN QUINN FOR PAT BATES & ASSOCIATES; ILLUSTRATIONS BY BROWN BIRD DESIGN



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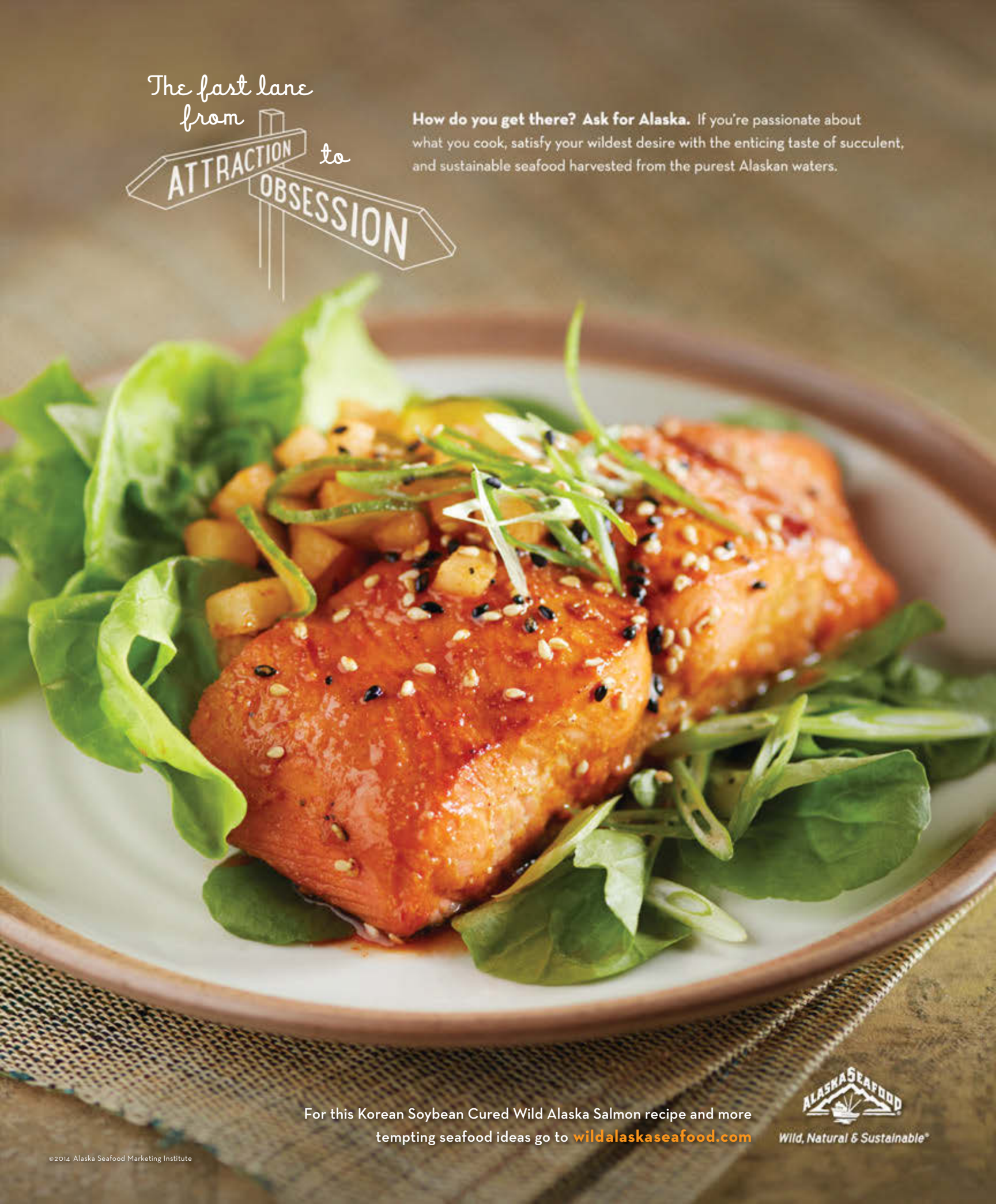
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FOOD & GATHERINGS

Cook, Nourish, Enjoy



PERFECT BITE

GRILLED CORN WITH BACON

Our new favorite way to enjoy sweet high-summer corn is to grill it, then pair it with bits of smoky, crisp bacon. Simply slather charred corn with mayonnaise, then sprinkle it with bacon, fresh oregano, Parmesan, and salt and pepper for a Mediterranean twist on the classic Mexican snack.

PHOTOGRAPH BY MARCUS NILSSON

RECIPE AND FOOD STYLING BY GREG LOFTS



Make it meatless: Tofu, bok choy, and no-cook rice noodles are topped with an easy peanut sauce and sliced chiles.

WHAT'S (NOT) COOKING

If you can't stand the heat, get into the kitchen. You can make any of these refreshing meals without even turning on the oven or stove top. The secret is to combine fresh ingredients with a few good-quality store-bought items. Float shrimp on a bowl of gazpacho made heartier with earthy beets. Toss ribbons of kale with lentils in a creamy avocado dressing. Layer sliced meats and provolone for a pressed sandwich. Or serve rice noodles with thinly sliced bok choy and marinated tofu. Each dish comes together easily, too—how cool is that?

PHOTOGRAPHS BY BRYAN GARDNER

RECIPES BY JENNIFER AARONSON AND GREG LOFTS; FOOD STYLING BY GREG LOFTS; EVERYDAY ENTERTAINING COLLECTION FORK, BY MARTHA STEWART COLLECTION, *MACYS.COM*

Italian Pressed Sandwich



Beet Gazpacho With Shrimp



Kale and Lentil Bowl
With Avocado Dressing



Tofu With Baby Bok Choy
and Rice Noodles



Italian Pressed Sandwich

Active Time: **20 min.** Total Time: **1 hr. 5 min.** Serves: **4**

- **1 loaf rustic boule (1 pound), halved horizontally**
- **¼ cup plus 2 tablespoons mayonnaise**
- **Zest of 1 lemon (1 tablespoon), plus 3 tablespoons fresh juice**
- **3 tablespoons capers, preferably salt-packed, rinsed and drained**
- **Coarse salt and freshly ground pepper**
- **3 ounces thinly sliced turkey**
- **3 ounces thinly sliced provolone**
- **3 ounces thinly sliced spicy capocollo or soppressata**
- **1 bunch watercress, thick stems removed, chopped (1½ cups)**
- **1 medium tomato, thinly sliced**
- **Potato chips and sliced fruit, such as figs, for serving**

1. Remove insides of bread halves; reserve for another use. Stir together mayonnaise, lemon zest and juice, and capers in a bowl; season with salt and pepper. Divide mixture evenly between top and bottom bread halves. Layer half of turkey, cheese, and capocollo on bottom, then repeat layering with remaining meats and cheese. Pack watercress into top half; layer with tomato slices and season with salt and pepper.

2. Close sandwich. Wrap tightly in plastic wrap, then foil. Place a heavy skillet on top; press down to flatten sandwich slightly. Add several heavy canned goods to top of skillet. Let sit at least 45 minutes or, in refrigerator, up to 12 hours before unwrapping, slicing into wedges, and serving with chips and fruit.

Beet Gazpacho With Shrimp

Active Time: **15 min.** Total Time: **1 hr. 15 min.** Serves: **4**

Look for vacuum-packed cooked beets in the produce section of supermarkets.

- **1 package (8.8 ounces) cooked beets, chopped, juices reserved**
- **1 large cucumber (12 ounces), peeled and chopped**
- **1½ pounds ripe tomatoes (about 5 medium), cored and chopped**
- **1 teaspoon chopped garlic**
- **2 tablespoons red-wine vinegar**
- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **Coarse salt**
- **½ cup fresh basil leaves, plus more for serving**
- **¾ pound large cooked shrimp, for serving**
- **Crackers, for serving**

1. Purée beets with juices, cucumber, tomatoes, garlic, vinegar, oil, 1 tablespoon salt, and basil in a blender or food processor until almost smooth. Season with more salt as desired. Chill until ready to serve, at least 1 hour and up to 1 day.

2. Divide gazpacho among 4 serving bowls. Drizzle with oil, and top with shrimp and a few basil leaves. Serve, with crackers.

Kale and Lentil Bowl With Avocado Dressing

Active/Total Time: **20 min.** Serves: **4**

Whenever possible, buy vacuum-packed cooked lentils (available in many supermarkets); if using the canned variety, be sure to drain and thoroughly rinse the lentils before using.

- **1 ripe avocado, halved, pitted, and peeled**
- **1 teaspoon minced garlic**
- **2 tablespoons minced shallot**
- **¼ cup fresh lemon juice, plus wedges for serving**
- **¼ cup extra-virgin olive oil**
- **Coarse salt**
- **1 bunch (10 ounces) Tuscan kale, stems and center ribs removed, thinly sliced**
- **2⅔ cups cooked lentils (from a 17.6-ounce vacuum pack or two 15-ounce cans, drained and rinsed)**
- **Sliced extra-sharp cheddar (preferably aged), chopped roasted salted almonds, and sprouts, for serving**

Pulse together avocado, garlic, shallot, lemon juice, oil, and 1 teaspoon salt in a blender or food processor until smooth. Toss two-thirds of dressing with kale in a bowl. Divide mixture among 4 serving bowls along with lentils, cheddar, almonds, sprouts, and lemon wedges. Serve, with remaining dressing on the side.

Tofu With Baby Bok Choy and Rice Noodles

Active Time: **20 min.** Total Time: **30 min.** Serves: **4**

The noodles can also be soaked in boiling water once, for 10 minutes.

- **1 package (8 ounces) thin rice noodles**
- **1 package (14 ounces) firm tofu, drained**
- **⅓ cup unseasoned rice-wine vinegar**
- **2 teaspoons minced peeled fresh ginger (from a 2-inch piece)**
- **2 tablespoons chopped scallions, plus more, sliced, for serving**
- **6 heads baby bok choy (6 ounces), thinly sliced lengthwise**
- **Coarse salt**
- **½ cup low-sodium soy sauce**
- **2 tablespoons honey**
- **¼ cup chunky or smooth peanut butter**
- **Chopped peanuts and thinly sliced Thai chiles, for serving**

1. Place noodles in a baking dish and cover with very hot tap water. Let stand 10 minutes. Drain; repeat twice more, or until tender.

2. Meanwhile, slice tofu into eight ½-inch pieces. Drain on paper towels. Stir together vinegar, ginger, and scallions in a bowl; toss 3 tablespoons of mixture with bok choy in another bowl. Season with salt. Stir soy sauce, honey, and peanut butter into remaining vinegar mixture. Arrange tofu in a single layer in a baking dish; pour soy-sauce mixture over top, turning tofu to coat.

3. Divide noodles, tofu, and bok choy among 4 serving bowls. Drizzle with soy-sauce mixture. Top with peanuts, scallions, and chiles.

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Eggplants

In the 17th century, British colonizers in India saw white ovals sprouting from the ground and called them "egg" plants; since then, this vegetable-that's-actually-a-fruit has been cultivated all around the world in a range of colors, shapes, and sizes. Almost as varied? The many ways to cook—and enjoy—them.

PHOTOGRAPH BY MARCUS NILSSON

1 Fairy Tale

Sometimes less is simply less—and that's a *great* thing. At a mere two to four inches, this variety isn't only less hefty than most, it's less seedy and less bitter, too. It gets tender quickly when cooked, purple skin and all, so halve or quarter it and toss it into any stir-fry.

2 Prospera

This sturdy Italian heirloom fits in your hand like a softball and is slow to discolor when sliced. Succulent and meaty, it's hard to overcook, says Gail Hepworth of Hepworth Farms, in Milton, New York—so eggplant Parmesan won't end up mushy.

3 Pingtung Long

Named after the Taiwanese city, this skinny eggplant can grow up to a foot long. Leave the peel on and slice it into rounds; they'll cook and absorb flavors evenly, whether braised or stir-fried. Flavor them with chili sauce for a heady kick.

4 Beatrice

Oval or squat, this Italian breed is mild and creamy. It's tasty whole—roasted or charred—or puréed into dips like baba ghanoush. As with many large eggplants, de-seeding, then salting and blotting them enhances taste and texture.

5 Calliope

Like an Easter egg, this bright Indian variety measures about three inches long and two in diameter. Cut it into large chunks to braise, stir-fry, sauté, or pickle. It's rarely bitter and cooks fast, as is the case with other small Asian eggplant varieties.

6 Nadia

This is often what most Americans think of as an eggplant. As with all medium-to-large European types, it should be plucked when just ripe and eaten within two days. It turns bitter when left too long on the stem (the color will look "stretched") or on the kitchen counter.

7 Orient Express

As you'd guess, this breed hails from Asia (Japan specifically); it bears fruit faster than others. It is also good at weathering heat and cold spells, which is why it's popular among home growers. For cooking tips, see "Orient Charm," *below right*.

8 Kermit

You might mistake these for mutant figs, given their color and size. But they're Thai eggplants. You can grill or roast them, but they're especially tasty quartered and tossed in a curry sauce. The white-pink flesh keeps its shape while absorbing flavor.

9 Nubia

Characterized by maroon skin and varying degrees of white streaks, the pear-shaped Nubia grows anywhere from four to eight inches long. The skin can be thick and sometimes rubbery, so you've got to peel it. Cook it as you would other Italian varietals.

10 Ophelia

This egg-size breed with deep-violet skin and striking purple flowers cooks similarly to the Calliope variety. Pluck it when the skin is still shiny for the sweetest, most seed-free fruit, says Lauren Giroux of Johnny's Selected Seeds, in Albion, Maine.

11 Orient Charm

Think of this as the Orient Express but in pastel. Both grow to about nine inches long and are delicately flavored and nearly seed-free. Simply slice it into rounds, then grill, roast, or stir-fry them (try pairing them with a ginger-and-garlic sauce).

12 Barbarella

This hunky Italian breed grows up to half a foot wide and nearly as long. As with any eggplant, slice or dice it, then grill, fry, sauté, bake, roast, or steam. Purée, if you like. But given its stoutness and seediness, it's naturally built to be hollowed out and stuffed.

13 Mangan

Heat waves are not a problem for this high-temperature-resistant breed. It's tender and works well in Japanese dishes, whether pickled whole or deep-fried as tempura. As with most Asian eggplants, you can eat the nutrient-rich skin along with the flesh.

14 Clara

Handle with care: White eggplants, grown in Italy for millennia and now sold at farmers' markets, turn up with brown spots when bruised. The Clara, which can reach around six inches long, is meaty and mild, and especially delicious roasted.

15 Graffiti

Whatever the size (it can be three inches or three times that), you'll know it's a Graffiti by the violet and white stripes and oblong shape. Its velvety, almost fruity flesh makes an ideal puréed dip, but, as with any eggplant, it's also divine roasted or grilled.

16 Dancer

This beauty suggests why eggplants have been considered an aphrodisiac. But despite its delicate curves and pink skin, it's actually quite hardy and yields plenty of fruit. Milder than most Italian varieties, it's also less prone to bitterness.

17 Hansel & Gretel

Like the Fairy Tale, the slender, dark Hansel and its white counterpart, Gretel, are generally not much bigger than the length of your palm. All three sprout in clusters and share an easygoing texture and flavor—even mature ones retain their tenderness.

If an eggplant is smooth and shiny and its skin bounces back when pressed, it's a good one. Store it in a cool, dry place at room temperature. Use it within two days; five, if refrigerated.

FOOD STYLING BY GREG LOFTS; ADDITIONAL SOURCE: JULES JANICK, PROFESSOR OF HORTICULTURE, PURDUE UNIVERSITY


1
Fairy Tale
2
Prospera
3
Pingtung Long
4
Beatrice
5
Calliope
6
Nadia
7
Orient Express
8
Kermit
9
Nubia
10
Ophelia
11
Orient Charm
12
Barbarella
13
Mangan
14
Clara
15
Graffiti
16
Dancer
17
Hansel & Gretel

HERE'S THE RUB

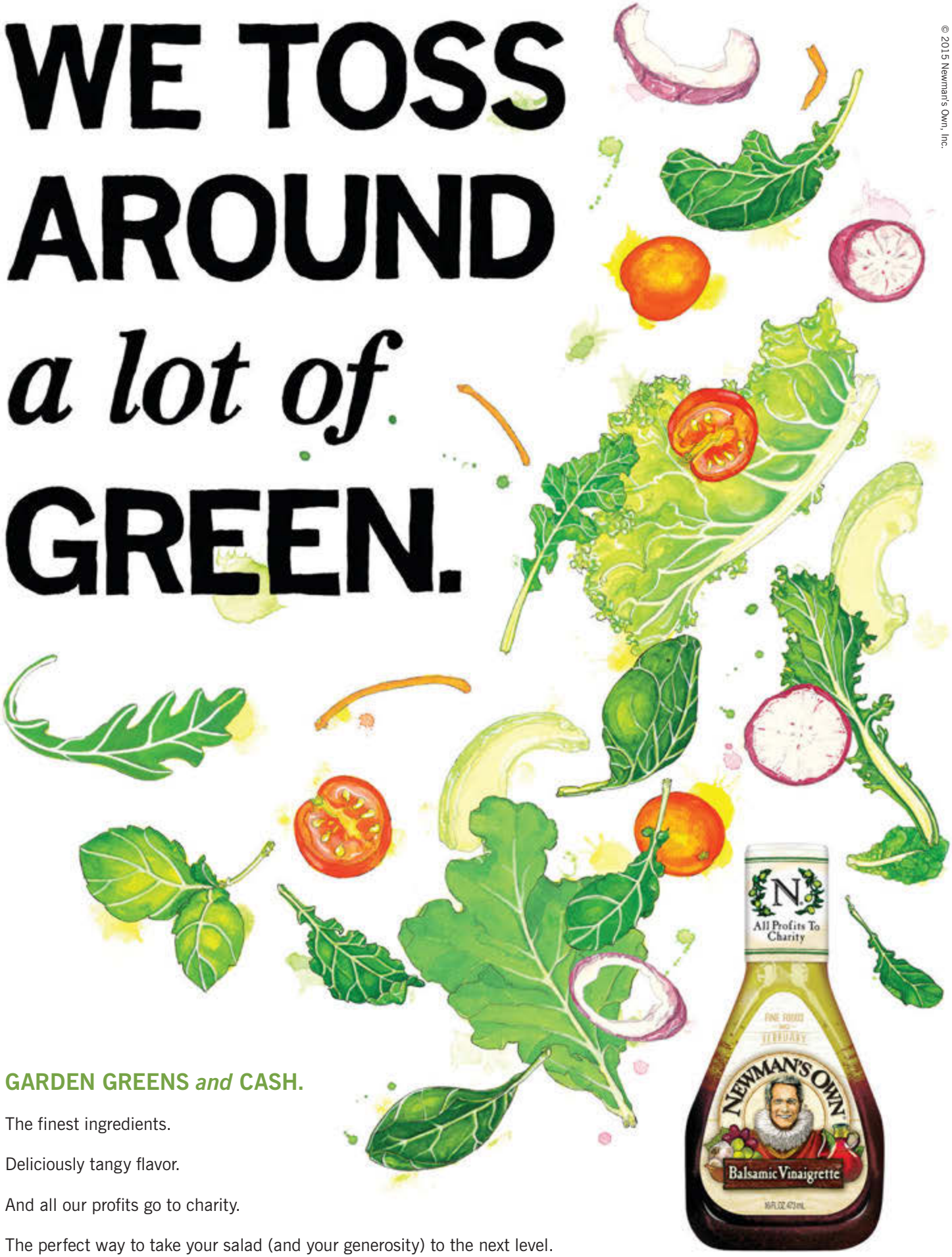
Smoky, sweet, tangy, and tender: North Carolina–style pulled pork is perfect for sharing with friends at backyard barbecues. The deep flavor comes from rubbing the meat with sugar and spices and then low, slow cooking—just the right pace for this time of year.

PHOTOGRAPHS BY JASON VARNEY



Layer sandwiches with coleslaw and cucumber, both of which provide crisp, cool counterpoints to the rich meat. (For the coleslaw recipe, see page 118.)

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CLASSIC PULLED PORK

Active Time: **1 hr. 15 min.**
Total Time: **8½ hr., plus overnight**
Serves: **8 to 12**

The meat cooks on a charcoal grill for up to eight hours. It doesn't require much work during that time, but you do need to add more coals every hour to maintain the temperature. For a less hands-on method, cook the meat for the first two hours on the grill, then transfer it to a 300° oven for the rest of the time (set the meat on a rack over a pan of water).

MEAT

- **½ boneless pork shoulder (about 4 pounds), trimmed but with a layer of fat left on**
- **2 tablespoons coarse salt**
- **5 medium cloves garlic, pressed through a garlic press or mashed to a paste**
- **2 tablespoons safflower oil**
- **1 tablespoon granulated sugar**
- **2 tablespoons packed light-brown sugar**
- **1 tablespoon sweet paprika**
- **¾ teaspoon freshly ground black pepper**
- **¼ teaspoon dry mustard**
- **¼ teaspoon dried thyme**

SAUCE

- **1 cup white vinegar**
- **⅓ cup ketchup**
- **⅓ cup packed light-brown sugar**
- **1 tablespoon coarse salt**
- **¾ teaspoon red-pepper flakes**
- **1 teaspoon freshly ground black pepper**

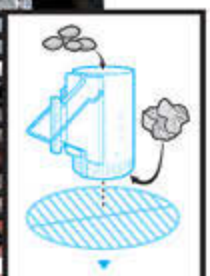
Potato buns, coleslaw, thinly sliced seedless cucumber, and pickles, for serving











A chimney makes it easy to start your fire. Fill the bottom with newspaper and the top with charcoal briquettes (not the instant-light kind), then ignite. It's ready when the top layer is turning ash gray.

1 Season pork—the night before!

Season pork all over with salt. Cover with plastic wrap and refrigerate overnight. The next day, stir together garlic and oil. Mix together sugars, paprika, pepper, mustard, and thyme. Rub oil mixture over pork, then sugar mixture. Let stand while you heat grill.

2 Prepare grill

Open grill vents. Prepare a chimney with 80 charcoal briquettes; place on small lower grate. Ignite; let burn until top layer is turning ash gray, about 20 minutes. Place a small disposable roasting pan on one side of grate. Add 2 cups hot water. Pour coals in on other side. Top with main grill grate.

3 Cook pork

Place pork on grill, over pan of water. Cover grill with lid, keeping top and bottom vents halfway open. Every hour, add briquettes (about 16) as needed to keep grill temperature at a steady 300°. Cook until a thermometer inserted in thickest part of pork registers about 200°, 7 to 8 hours.

4 Shred meat, make sauce, and serve

Let meat stand 20 minutes before pulling apart with two forks. Meanwhile, whisk together sauce ingredients in a bowl. Toss pulled pork with 1 cup sauce. Pile pork on buns, then top with slaw and cucumber. Serve, with pickles and remaining sauce on the side.

ILLUSTRATION BY BROWN BIRD DESIGN; EVERYDAY ENTERTAINING COLLECTION FORK, BY MARTHA STEWART COLLECTION, MACYS.COM

SOMETIMES YOU NEED

A CAKE RECIPE

THAT'S JUST PEACHY



PEACH MELBA LAYER CAKE

Cake:
- 1 cup Domino® Granulated Sugar
- 2 sticks (1 cup) unsalted butter, room temp
- 1 tsp vanilla extract
- 4 large eggs, room temp
- 1 3/4 cups self-rising flour, sifted (not packed)
- 1 tsp baking powder
- 2 tbsp whole milk

Candied Lemon Syrup:
- 1 cup Domino® Granulated Sugar
- 1/2 cup juice from canned peaches
- 1 tsp cornstarch
- 2 lemons, zested (about 1 tsp)
- 1/4 tsp lemon extract

Mascarpone Cream:
- 1 cup heavy whipping cream, chilled
- 1 (8 oz.) container mascarpone cheese
- 1/4 cup Domino® Granulated Sugar
- 1 cup fresh raspberries
- 1-2 (15 oz.) cans sliced, juice-packed peaches, drained; reserve juice from 1 can

Cake: Preheat oven to 350°F. Line and grease two 9-inch round pans. In a mixing bowl, cream sugar and butter 2-3 minutes or until light in color, scraping down sides of bowl. Beat in vanilla then eggs, one at a time, beating one minute after each egg; set aside. Sift flour with baking powder. Gently fold dry ingredients into batter; fold in milk. Pour batter into prepared pans. Bake 18 minutes or until top springs back when gently pressed and toothpick inserted in center comes clean. Allow cake to cool.

Candied Lemon Syrup: In a medium saucepot, whisk sugar, reserved juice from 1 can, cornstarch and lemon zest. Over medium-high heat, whisk until syrup begins to boil. Reduce heat to low; simmer 1-2 minutes, whisking occasionally. Remove syrup from heat, stir in lemon extract. Set aside to cool.

Mascarpone Sweet Cream: In a chilled bowl, beat cream until soft peaks form. Beat in mascarpone and sugar; continue beating until stiff. Do not over beat. Cover and chill.

To Assemble Cake: Place first layer upside down on serving plate. Brush about 1/3 cup of syrup over top. Spread half of sweet cream over top to edges. If desired, pat peaches dry from one can and place on top of cream. Place second cake layer on top, right side up. Use a piping bag with fluted tip to add remaining sweet cream as a border. Arrange remaining sliced peaches and raspberries on center of cake. Spoon remaining syrup over fruit. Keep cake chilled until ready to serve. Serves 12.



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This recipe keeps on giving: You can replace the peaches with other fruits in season, including nectarines, apricots, and, come fall, apples.

All Squared Away

One look and you know what's keen about these peach-pie bars. With a press-in shortbread crust that doubles as a topping, the classic summer-fruit dessert becomes fuss-free (and fork-free, to boot). An added bonus: Lining the pan with parchment makes removing the bars a breeze. Pack the travel-ready treats into a picnic basket and you're good to go.

PHOTOGRAPH BY BRYAN GARDNER

PEACH-PIE CRUMBLE BARS

Active Time: **30 min.**
Total Time: **3 hr.**
Makes: **16 bars**

Store the bars in the refrigerator, wrapped in plastic or in an airtight container, for up to three days.

CRUST

- **1 stick plus 5 tablespoons unsalted butter, room temperature, plus more for pan**
- **1 cup sugar**
- **2 cups all-purpose flour**
- **1 teaspoon coarse salt**

FILLING

- **1¼ pounds peaches, pitted and cut into a ½-inch dice (3½ cups)**
- **½ cup sugar**
- **2 tablespoons all-purpose flour**
- **1 tablespoon fresh lemon juice**
- **½ teaspoon coarse salt**

1. Preheat oven to 375°. Butter an 8-by-8-by-2-inch cake pan. Line with parchment, leaving a 2-inch overhang on two sides; butter parchment.

2. Crust: Beat butter with sugar in a bowl until light and fluffy, about 3 minutes. Scrape down bowl. Add flour and salt; beat until dough forms clumps but does not completely hold together. Press 2½ cups flour mixture into bottom and 1 inch up sides of prepared pan.

3. Filling: Stir together peaches, sugar, flour, lemon juice, and salt in a bowl. Pour into crust. Crumble remaining flour mixture evenly over top, squeezing to create clumps. Bake until bubbling in center and crust is golden, about 1 hour, 10 minutes (if browning too quickly, tent top with foil). Let cool 20 minutes. Remove from pan and let cool completely on a wire rack, about 1 hour. Cut into 2-inch squares.

RECIPE BY SARAH CAREY; FOOD STYLING BY GREG LOFTS

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TABLEAU

HEAVYWEIGHT BEAUTIES

Shrinking violets these are not. Dinner-plate dahlias are large and dramatic, and that's precisely why we love them: Just a handful in blush hues will do for an easy, stunning arrangement. To keep the heavy flowers from toppling over, we trimmed the thick stems so that they're just slightly higher than the vessels.

PHOTOGRAPH BY ANNIE SCHLECHTER



Candle in the Wind
Summer breezes won't dampen the mood lighting when you light this cylindrical ceramic lantern. *6" by 9", $30, cb2.com.*



Roped In
Hit the deck with this cotton sailor-knot trivet and your table will weather hot plates just fine. *By Mystic Knotwork, 11", $26, ebay.com/americanmade.*



Golden Touch
This two-in-one gold-rimmed ceramic bowl adds a special-occasion spin to any picnic while saving packing time: Use it to rinse—and serve—berries. *7" by 3½", $128, robertsiegelstudio.com.*





Screen Saver
A life preserver for tablets, this case floats if dropped into water, so your device, sealed inside, stays high and dry. *$62, overboardusa.com.*

LET'S TAKE IT OUTSIDE

With smart, stylish accessories, even a sandwich in the park feels like a break from routine. Here, a few things from our summer wish list, all selected with eating, drinking, and relaxing under blue (or starry) skies in mind.

PHOTOGRAPHS BY BRYAN GARDNER



Bowled Over
They're not granite but light and steely enamelware—in a pretty pastel palette, no less. *$130 for a set of 5, barnlightelectric.com.*



Holding Patterns
Made in France specifically for picnics, these sets of acrylic utensils are *très jolie* and dishwasher-safe. *By Sabre Paris, $20 for 2 forks or spoons, poketo.com.*



Chillax!
Even a heat wave is no sweat with this stainless steel über-cooler. It holds 85 twelve-ounce cans and keeps them cold for about four days. *$200, coleman.com.*

The Handsome, Rugged Type
Industrial stitching and water-repellent nylon make these utility blankets a must when you're roughing it. They endure torrential picnic spills, too. *$175, scoutregalia.com.*



Steady Drinkers
Not only are they less tipsy than stemmed styles, but these tumblers are light and shatterproof. *By Martha Stewart Collection, $25 for 4, macys.com.*

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Out of the Blue

Chinami and Rowland Ricketts are reviving time-tested traditional farming methods to recapture the art of indigo dyeing in America and turn textiles into vibrant works of art for the home.

PHOTOGRAPHS BY GABRIELA HERMAN

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"THERE ARE SO MANY quicker, simpler, and cheaper ways to produce something that looks like what we make," says Rowland Ricketts. But the work that he and his wife and business partner, Chinami, produce at Ricketts Indigo resonates with the richness and integrity of a centuries-old tradition, free from petroleum-based dyes and chemical processes that are harmful to the earth. "It's not just about the product but about the action of doing the work, and the connection we feel to the environment," he says. So for the past six years, Rowland and Chinami have been growing and processing organic indigo, and dyeing with it using time-honored methods at their home in Bloomington, Indiana.

The two artists met and fell in love 18 years ago as apprentices to an indigo dyer in Tokushima, Japan, a region known for its production of the dye. Chinami, who grew up there, left her office job to study indigo and traditional weaving because "I wanted a career that I wouldn't have to retire from," she says. Rowland discovered indigo while teaching English in Japan. "I found that I really liked working with my hands and creating things that worked with, not against, the environment," he says. After several years toiling as apprentices, they decided to take what they had learned in Japan and reinterpret it on American soil. Although they started small, they have been slowly building a following and have attracted the attention of a few online shops specializing in artisanal goods. This summer they plan to expand their business by launching their own online shop, which will offer products that won't be available elsewhere.

Every March they start growing indigo seeds (*Polygonum tinctorium*), beginning the nearly yearlong process of producing the dye. After the last frost, they plant the seedlings in fields. Then they harvest twice during the summer and let the harvested foliage dry in the sun. Since the dye is found only in the leaves, they separate those from the stems. They also let some indigo go to seed, which they will collect in the fall for the following year's harvest. In addition

In Living Color

1. A bag of dried indigo is ready to be composted. 2. Rowland uses a paste-resist method when dyeing his fabrics—mixing glutinous-rice flour, rice bran, salt, and water together, then applying the mixture to areas that he doesn't want to absorb the dye. 3. After removing the stencil, he is ready to dye. 4. He then dips fabrics into the indigo vat. 5. Rowland's graphic table runners.

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> We found their passion and dedication to understanding a craft from the planting stage to the finished textiles truly inspiring."
>
> —Marcie McGoldrick, crafts judge







to what they grow themselves in their own two fields, Rowland and Chinami are working with local farmers to expand production.

When the growing season ends, they compost the dried leaves in a special shed that Rowland built at Indiana University, where he's a professor of fine arts. Every week, he or Chinami turns the pile to help burn off the excess plant material and concentrate the color. The composted indigo is then fermented in a vat with wood-ash lye, limestone, and wheat bran. Eventually this concoction will become a living, breathing dye that lasts anywhere from a few months to a year, depending on how often it is used. "At first the smell becomes pungent; then a purple metallic film forms on the surface of the vat. It's still days and days before we can start using it, but it's coming to life," says Rowland. It's this beginning that they find most thrilling. "I get the same feeling the moment the vat springs to life as I do when we plant seeds," he says. "It's a moment full of potential, and that is incredibly exciting." Since they don't use any chemicals, they can simply toss the spent batch onto the fields to fertilize next year's crop and begin the cycle anew.

Although Rowland and Chinami work closely together, they interpret the color in different ways. Chinami weaves dyed yarns into ikat, checked, or striped fabrics for traditional kimonos, obis (kimono sashes), and home textiles. Rowland designs bold, graphic pieces, including table runners and *noren* (door dividers), by dyeing cloth with "very simple geometric patterns," he says. "Everything I try to do is to focus attention on the color itself." He achieves different shades of blue with repeated dippings.

More than anything, Chinami and Rowland love the connection to history—stretching back thousands of years, across many cultures—that they feel with each vat of indigo they produce. "People have been doing this for a long time," says Rowland. "And all that knowledge is contained in the color. I find that really profound." —*Melissa Ozawa*

Farm to Fabric

1. "Everything comes together at the loom," says Chinami, who had this antique one sent from Japan. **2.** A wall hanging by Rowland features many shades of indigo. **3.** A selection of Chinami's tools, including a wooden shuttle and a brass hook. **4.** A crop of indigo is allowed to set seed for next year's plants.

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JULY / AUGUST

PHOTOGRAPH BY MIKKEL VANG

Longer Days, Warmer Nights



Refreshing sea breezes, spectacular sunsets, and dips in the pool are just a few of the pleasures that Andrew Corrie and Harriet Maxwell Macdonald look forward to at their beach house on Shelter Island, New York.



TERRACE IN THE TREETOPS



A pair of antique glazed terra-cotta sphinxes by Emile Muller preside over the terrace at Skylands. In the center, a huge pot by Eric Soderholtz shows off a blue agave surrounded by helichrysum, or licorice plant. The two concrete pots in front are by the Maine-based pottery Lunaform; the agaves are underplanted with various trailing succulents. The wall around the edge of the terrace is just the right height for sitting and looking out at the water.

At her home in Maine, Martha decorates the outdoor space with massive pots of plants that enhance the natural beauty of the surroundings.

PHOTOGRAPHS BY PIETER ESTERSOHN



"THE WESTERN TERRACE, BENEATH THE SHADY PERGOLA, IS A LOVELY SPOT TO SHARE A SUMMER LUNCH WITH FRIENDS."

THE VIEWS THROUGH THE EVERGREENS DOWN TO *Seal Harbor* AND THE *islands* BEYOND ARE SPECTACULAR. BUT YOU DON'T NEED TO LOOK PAST THE EDGE OF *the terrace at Skylands*,

Martha's home on Mount Desert Island, in Maine, to appreciate the beauty of nature. The 1920s house itself is grand, with a vast terrace facing south. "It needs something to break up the expanse," says Martha. "Instead of furniture, I chose planters."

The vessels, a mix of large-scale vintage and newer pieces that she has collected over the years, are overflowing with plants combined in unexpected ways: There's spiky and soft, upright and trailing, lacy and leathery, all in Martha's signature color palette. "I prefer greens, chartreuse, silver, dark burgundy, and even bluish and black tones," she says.



The striking contents look right at home on the stone terrace—though, like Martha, the plants spend most of the year in Bedford, New York. Every spring, one weekend in late May is designated "planting weekend." The plants are carefully moved from the Bedford greenhouse to Skylands, where Martha and some helpers—her gardeners and a few friends—spend a couple of busy days preparing the terrace for the summer. "She makes an event out of it," says Ryan McCallister, Martha's Bedford gardener, who makes the trip with the plants he has helped tend over the winter. "It's really fun."

When Martha and the crew arrive, the pots are empty and waiting. Several of the most prized vessels are the century-old works of Eric Soderholtz, a Swedish-born architectural photographer who moved to Maine and devised a way to make reinforced-concrete pots that could withstand the region's rough winters. His travels though Europe influenced his work: His massive, simple bowls and urns evoke classical designs. Other vessels are from Lunaform, a coastal-Maine pottery making all-weather concrete planters that are also reminiscent of those found in Greek and Roman gardens. Still others are French antiques and faux-bois pieces that Martha has sought out at garden and antiques shows.

The planters are prepared with a protective plastic lining and filled with a good potting mix, a blend of sterile soil, well-rotted leaf mold, and compost. The tropical and perennial plants—including many agaves and ferns—are chosen for their interesting shapes and textures, but also because they are "so easy and low-maintenance," says Martha. Many of the plants have been propagated from cuttings of ones she already has, an economical way to expand the collection. They may start out small in May, but they fill in beautifully over the summer. Martha mixes up the compositions in the pots every year, creating new combinations that celebrate the contrasts among the plants. After two days of lugging and digging and designing and potting, the terrace is transformed. What began as a post-winter bare expanse is on its way to becoming a lush oasis, the perfect spot to relax and enjoy those unbeatable views.

Opposite **Pink granite quarried on the island was used for the pergola's pillars, built-in benches, and terrace (and for Martha's home as well). This monumental Soderholtz bowl is planted with shade-loving bird's-nest fern and deep-purple oxalis, with 'Silver Falls' dichondra and golden lysimachia trailing out of the pot.** *Above* **Large alocasia leaves tower above delicate, lacy lotus vine; the two are wildly different in shape and scale—and that's what makes this dramatic arrangement, in a reproduction of a Gertrude Jekyll pot, work so well.**

>> Get a behind-the-scenes look at how these planters came together at marthastewart.com/skylands-planters.

HAIR AND MAKEUP BY DAISY SCHWARTZBERG









Clockwise from top left A spearlike agave shoots out from fast-growing, bright-green lysimachia (it was just six inches long when planted!); in fact, this plant, commonly known as creeping jenny, can be invasive as a ground cover but works well in containers. Small bicolored agaves are lined up in a granite trough that Martha found recently but that looks as if it's been there forever. *Begonia parviflora* stands tall in a cast-iron planter, flanked by a pair of urns. On the back porch, where Martha shells peas and shucks corn, hanging baskets of Boston ferns are suspended over faux-bois planters of staghorn ferns. *Opposite* In a square lead planter, the whimsically named ponytail palm swings above frothy, gray-green lotus vine—which has an appealing and unusual growing habit, in that it is both bushy and cascading. The terrace has a "cracked ice" pattern, with random, sharp-edged pieces that fit neatly together. Martha encourages moss to grow between the cracks.





"I JUST LOVE THIS OLD ENGLISH TROUGH—EVERY YEAR I PLANT SOMETHING DIFFERENT IN IT."



COME ON IN

Take a tour of the interior of Skylands—it's featured in the July issue of *Architectural Digest* and at *archdigest.com/go/skylands*.

Opposite **The prehistoric-looking trough outside the dining-room window is filled with crassula and trailing dichondra, which grows quickly and almost reaches the ground by summer's end.** ***Above*** **This Soderholtz pot is one of a pair (the other is shown on pages 68 and 69). At about five feet across, it provides lots of room for a giant agave, a profusion of helichrysum, and some red-flowering echeveria. In general, the plants Martha has chosen for the terrace are easy to care for. Agaves and other succulents don't need a lot of water, and most of the plants offer interest without flowers, which means no deadheading—and more time to savor Maine's short, sweet summer.**

Text by Amy Conway

RELAXED, BY DESIGN

Toss out any preconceived notions of what a comfortable, put-your-feet-on-the-couch home looks like. Disregard, too, any thoughts of what constitutes *plush*. Here's how a family with three small children created a weekend escape on Shelter Island, New York, that's as stylish as it is sensible.

PHOTOGRAPHS BY MIKKEL VANG
TEXT BY CATHERINE HONG







+ choice seats

A curved Ochre (*ochre.net*) sectional is perfectly positioned to take in the seaside view. Hints of brown in the gray linen give it a sun-washed look in bright light and also warm up the room in the darker days of winter. A wood-burning stove from Chesney's, a British heating-appliance designer, chosen for its streamlined look, stands on a marble-topped wood-storage unit. "I wanted to feature it, not hide it," says Corrie.

Mishaps occur in any home with young children. Furniture gets roughed up. Fixtures get clipped.

"When you have kids, you have to expect that," says Harriet Maxwell Macdonald. She and her husband, Andrew Corrie, have three: Ivo, 7, and twins Celia and Alie, 5. "We don't keep anything too precious that we have to worry about. Anyway," she says, "this is a beach house."

Still, it's hard to imagine one as simultaneously laid-back and chic as theirs. The trick? A calming design that invites lounging, hides clutter, and holds its own against spirited child's play. "We wanted a house that felt unpretentious," says Corrie, who founded Canvas Home, an artisanal home-goods business in New York City. "It's a place where you arrive and breathe a sigh of relief."

Built on Shelter Island, a stretch of wetlands in Long Island's Peconic Bay, the retreat is three hours from Manhattan. Its natural surroundings dictated a muted palette and simple furnishings, says Macdonald, who founded and co-owns Ochre, a London-based home-furnishings line. "There's so much going on out there," she says, pointing to the swirling blue-greens of sky and sea through the glass doors. "You want to keep the inside subtle." The décor is raw and earthy, dominated by shades of gray, with hints of blues and pinks. The illusion is of a room extending seamlessly onto the deck and indefinitely outdoors.

After buying the property, the couple started to rebuild what had originally been a 1970s-style ranch with architects, but then went on their own. "We had so many specific ideas," says Corrie. "It was easier to design it ourselves." Three years later, they got their wish list: A loftlike room for dining, lounging, and Legos. ("You keep an eye on everyone this way," says Macdonald.) A walk-in larder. Large windows with far-reaching views.

The couple, both from London, have few rules: no drawing on the walls and no shoes (usually). Most fixtures are resilient—e.g., a fabric-covered lampshade, which fell off one day when Ivo poked at it with a rake. (It was easily reattached.) "We believe sofas are for jumping on," says Corrie. "And pianos are for bashing and exploring."

Besides, they practically live outside in summer—swimming, gardening, entertaining, relaxing. A favorite spot is the teak chaise on the deck. "The kids and I cram in under a blanket while I read to them," says Macdonald. "It's heaven."

+ home livable home

Natural-wood finishes and linens bridge indoors and out. 1. Corrie and Macdonald with their three children—Ivo (with skateboard) and twins Celia (held by Dad) and Alie. 2. Handblown glass on open shelves feels airy while also defining the dining area. The light fixture above the table only *looks* precious—it's wooden, created by a basketmaker in upstate New York. Wall-to-wall sliding glass doors, leading to a wraparound deck, are almost always open to let in the breeze. 3. The master bath features a cast-iron enameled tub and tiles from Morocco. The flooring flaunts a graphic floral pattern yet feels right in step with the décor, thanks to the muted colors. 4. The outdoor shower, where guests can rinse off after a dip in the ocean.









DRESS (ON MACDONALD), BY STEVIE HOWELL, *WELCOMESHOPPE.COM*; GLASS SALAD BOWL, BY MICHAEL RUH, AVAILABLE FALL 2015, *OCHRE.NET*

island life

The earthy design theme is carried right into the 4,500-square-foot home's fabrics and tableware (all from Canvas; *canvashomestore.com*). It's a look Corrie describes as reminiscent of something "passed down in the family" and "slightly shabby, but in a good way."

1. No place for a fussy cheese platter here—just a large block of Brebirousse d'Argental with fresh figs, sliced peaches, rustic bread and crackers, prosciutto, and a chilled bottle of rosé. **2.** A map of Shelter Island hangs above the cozy banquette in the dining area. "I like colors from nature," says Macdonald—which explains the predominance of soothing grays, sky blues, and pinks throughout the home. Even the rare splash of deeper hues, as in the pillow covers and upholstery here, echoes what's growing outside. **3.** Purple, plumelike pampas grass thrives on the 1.4-acre property. **Opposite** Macdonald's signature dish—chilled minty honeydew-melon soup, made with Greek yogurt. "I thought the kids would like it with honey, so I added that too," says Macdonald. She was right.









>> For recipes, see page 118.



+ open season

Clever design details expand an open kitchen: The refrigerator is built *into* the wall, not against it. A walk-in larder hides pantry staples, small appliances, and unsightly clutter. The countertop is zinc; the island boasts a heat-resistant glass top and deep drawers. ("A pleasure to use!" says Macdonald.) On the shelf, tableware in a soft palette reflects the ocean hues gleaming through the glass doors across from it.

creature comforts

The weekend routine? Sleep, eat, relax, repeat. 1. The master bedroom is awash in calming blues and greens. 2. Alie, perched on a Hans Wegner Wishbone chair, digs into breakfast. The oak table offers an ample 38-inch-wide surface for dining, but its slender profile keeps it from overwhelming the space.







summer pleasures

Family meals often turn into casual gatherings of friends on the deck. The teak table—"nothing refined about it; just a nice, honest, simple table," says Corrie—has lasted 14 years, predating the house's rebuild. They liked it so much, they commissioned a second one in cedar, to accommodate a total of 16 guests. "The kids eat with the grown-ups," he says. 1. Lemon ice cream—which Ivo makes himself using lemon zest and heavy cream—is served with summer berries. 2. A built-in banquette (as opposed to loose chairs) streamlines the look of the deck. The pergola provides shade all day long, and the pool is just steps away. "In the evening we sit out here and have a glass of wine," says Macdonald. 3. Celia's room is as bright and airy as the rest of the house, thanks to white paint on the walls, as well as glass doors that lead to the deck.

Opposite A Niçoise-inspired main-course salad (tossed with grilled salmon, eight-minute eggs, fresh sugar snap peas, watercress, and boiled new potatoes) is a reliable crowd-pleaser.

Produced by Ayesha Patel and Jennifer Wagner
Recipes and food styling by Susie Theodorou







TROPICAL, WITH A TWIST

Rejiggering can be fun—and fruitful. In that spirit, we've taken liberties with just a few of our all-time **FAVORITE COCKTAILS** (including some tiki-bar standbys) and upgraded them to better suit today's tastes. What's out: any trace of canned mixes, powdered flavorings, and syrupy-sweet liqueurs. What's in: **FRESH JUICES AND FRUITS,** along with some of-the-moment kitchen staples (see "Fresher Refreshers," *right*). The upshot? Five new **SUMMER COOLERS** that pack a big punch.

PHOTOGRAPH BY SYLVIE BECQUET



Fresher Refreshers

Fruit juices bring unbeatable flavors—tart, sour, sweet, and such—to mixed drinks in place of grenadine and other traditional fruity mixers (and without all that added sugar). Fresh citrus juices taste better and brighter than bottled options; when buying mango or cranberry juice, seek out unsweetened varieties.

Fresh fruit adds flavor *and* texture—and not just as a garnish. We chopped berries and peaches for floating in a tiki bowl (and enjoying at the end with a spoon!), sliced kiwifruit for mojitos, and puréed pineapple to make a granita for our take on the piña colada. (The only jarred fruit we used was maraschino cherries; look for red dye–free varieties such as Merry, available at Whole Foods and *www.tillenfarms.com*.)

Coconut water (along with a little coconut oil) makes a lighter substitution for cream of coconut, while honey and agave syrup are natural alternatives to flavored syrups and other refined sugars.

1
TIKI FOR TWO

A Scorpion Bowl With Less Sting

In a small pitcher, stir together ⅓ cup chilled fresh orange juice, 2 tablespoons fresh lemon juice, and 1 ounce each dark rum and gin. Pour into a 24-ounce glass. Stir in ¼ cup sliced hulled strawberries; ¾ cup chopped, peeled, and pitted peaches; and 9 small fresh mint leaves. Serve with 2 straws.

2
MANGO-RITA

A Margarita With More Zing

In an 8-ounce glass, stir together ¾ cup mango juice, 2 tablespoons fresh orange juice, 1 ounce tequila (preferably white), and ½ ounce Grand Marnier. Add ice. Garnish with 2 thin strips orange zest and a skewer threaded with 3 small mango balls (scooped with a melon baller); serve.

DOUBLE THE FUN
This bowl is meant for two. (Save the boozy fruit for last.)



3
KIWI CRUSH

A Mojito From Down Under

In an 8-ounce glass, combine ½ lime, cut into small pieces, with 1 tablespoon agave syrup and 1 packed tablespoon cilantro leaves. Using a muddling tool or wooden spoon, crush mixture to release flavors. Stir in 2 ounces vodka, then 1 kiwifruit, peeled and cut into ½-inch pieces. Add small ice cubes; gently stir to combine. Top off with 1 cup club soda. Garnish with a slice each of kiwifruit and lime; serve.

4
CHERRY BOMB

The Mai Tai Takes Manhattan

In an 8-ounce glass, stir together ¼ cup fresh pink-grapefruit juice, ¼ cup unsweetened cranberry juice, 1 ounce rum (preferably Bacardi 151), and ½ ounce crème de cassis. Add ice; nestle 3 maraschino cherries (preferably dye-free) in it. Garnish with another cherry and serve.

5
PINEAPPLE EXPRESS

If You Like Piña Coladas...

In a food processor, pulse 6 cups chopped peeled fresh pineapple, 2 tablespoons chopped peeled fresh ginger, 2 cups coconut water, 1 tablespoon coconut oil, and 1 tablespoon honey (preferably white) until puréed. Pour into a 9-by-13-inch baking dish and freeze until completely set, about 12 hours. Scrape granita with the tines of a fork to break apart. For each drink, place 1 cup granita in an 8-ounce glass; pour ¼ cup white rum on top. Garnish with a strip of pineapple core and serve.

Recipes and food styling by Lucinda Scala Quinn

Cilantro stands in for mint in ultra-green mojitos.



A fresh pineapple-ginger granita gives this rum drink its slushy texture; the granita is also delicious on its own as a dessert.

PICTURE THIS

Summer may end and memories may fade, but photographs are meant to last and last. These days, technology makes it easier than ever to snap pictures—but, arguably, harder to enjoy them after the moment has passed. If yours are stuck on your phone or computer, it's time to find some meaningful ones and learn some clever new ways to display them. Think beyond frames and albums—print photos onto fabric or decals and use them in simple crafts projects that you can appreciate every day, for an instant escape all year round.



PHOTOGRAPHS BY LINDA PUGLIESE

Ambala Euro pillow *(far left) and* **Rabari Light Indigo Decorative pillow** *(far right, in back), johnrobshaw.com.* **Throw pillows,** *in Toulouse Bleu (small stripe) and Sur La Mer Bleu Wide (wide stripe); and* **Throwbed,** *in Deauville Lavender & Heather, hedgehouseusa.com.* **Maine Heritage cot,** *byerofmaine.com.* **Large Alfa fiber basket,** *homestories.com.*



ENDLESS SUMMER

A seashell pendant makes a lovely natural backing for landscape photos. The images take on a dreamy, painterly quality when printed on decal film and smoothed onto the shells. Thread them with leather cord for necklaces that are far more stylish than your average seaside souvenir. **OPPOSITE** Personalize your home décor with printed-photo fabric that can be sewn into pillows; these beach and boat scenes go beautifully with blue-and-white patterned fabrics. (For more details on these projects, see page 93.)

PHOTO TIP

Shoot at the "golden hours" whenever possible. In the early morning and late in the day, when the sun isn't as high, the light is softer and subjects are bathed in a flattering light. In the middle of the day, shooting in shade is more forgiving than bright sunlight, which creates strong shadows.

>> For how-tos, see page 116.



PRINTS CHARMING

TECH TIPS

When reproducing a picture—especially if you're enlarging it—you want to start with a good-quality, or high-resolution, image.

Digital photos are made up of colored dots called pixels. The more pixels in an image, the higher the resolution; the higher the resolution, the larger you can make the picture before it becomes grainy. The number of pixels is expressed as a dimension—e.g., 640 by 360. The size of the file (in megabytes, or MB) can also be used as an indicator of quality, but pixels are a more consistent guide.

Today's digital cameras (both point-and-shoot and the more sophisticated digital single-lens reflex, or DSLR) and smartphones can take good-quality images. Generally speaking, if your device shoots in eight megapixels or higher, it is capable of taking a picture that can be enlarged well.

However, several factors can lessen the resolution. Cameras can be set to take pictures at low resolution to save space, so check your settings. Emailed photos may have been sent at lower resolutions. Cropping a photo also makes it lower-resolution. Taking photos through apps such as Instagram or Facebook, or uploading them to a site, often makes files smaller for use online. So use your phone's camera instead (and save the original, rather than relying only on the online version).

Many photo-printing websites have guidelines on reproducing images. As an example, one recommends a minimum resolution of 540 by 360 pixels for a four-by-six-inch photo, and a minimum of 2,100 by 1,400 for a 20-by-30-inch poster. The projects here (with the exception of the two that call for professionally printed materials) can be printed at home on most inkjet printers.

Expression Home XP-420 Small-in-One printer, *epsonstore.com.*

OFF (AND ON) THE WALL

Change up any room in the house—long-term or just temporarily—with durable but removable vinyl decals that make a bold statement. They're often used on walls but can be trimmed to fit a piece of furniture. Use them to upgrade vintage pieces or as fitting embellishments for a special event. Our wall and chair decals were printed with photos that Martha took on a misty morning at her farm; each brings a lush, green view of nature indoors.

Pearl linen throw, *alderandcoshop.com.*



PHOTO TIP

Many cameras and phones come with photo-editing capabilities, and apps offer even more options. These can give interesting results, but for the most natural effect, use them with a gentle hand.









PHOTO TIP

Obey the rule of thirds: When taking a picture, imagine that your image is divided into thirds horizontally and vertically—as if you'd drawn a tic-tac-toe board on it. Rather than putting the subject of your photo in the center square, put it anywhere else (as shown, *left* and *right*).

LIVES OF THE PARTY

Put a personal spin on party supplies with family-vacation memories. **CLOCKWISE FROM TOP LEFT** Hang fluttery no-sew pennant garlands, made by printing photos directly onto cotton fabric; mix shots of people, scenery, and objects for an artful effect. Wrap decals around pale-glass bottles and votive holders for table decorations with a charming sea-glass look. Tack photos printed on cotton to place mats to hold flatware—you can even use ones of your guests to function as place cards (remove the photos before washing the mats). Weigh down napkins and tablecloths on breezy days with découpaged rocks (or use them on your desk as paperweights); printing the images onto thin rice paper lets the texture of the rock come through, so the image appears painted-on.

Industrial string lights *and* **Waterscape votive,** *westelm.com.* **Glass tea-light holder,** *in White, hm.com.* **Glass water bottle with wire bail lid,** *in Light Green, and* **bottle bud vase,** *in Blue, jamaligarden.com.* **Indigo Stripe napkins,** *johnrobshaw.com.*



TAKE IN THE SCENERY

Cover a notebook with an image from your travels and you have a journal that will bring back your trip. Print photos onto matte paper. Brush each notebook (these have a black-fabric binding) lightly with découpage glue and press the matte paper on top; let it dry, then trim the excess flush to the edge. Little canvas cases with iron-on images make excellent holders for passports as well as for mementos like ticket stubs and business cards.

Recycled-paper notebooks, *muji.com/us.* **Premium Presentation matte paper,** *11" by 14", in Bright White, epsonstore.com.*

PHOTO TIP

When taking pictures of striking buildings and other architecture, try shooting from unexpected angles or going in for details to differentiate your shot from the typical postcard. Also, try to venture off the beaten track to really capture the spirit of a place.



READY FOR THEIR CLOSE-UPS

Materials and techniques used for the projects on these pages.

A. Vinyl Decals

+ Chair and wall art, page 90

Have your photos printed onto adhesive vinyl in virtually any size (you can even make a "mural") by Fathead. Its decals are sticky enough to adhere well but are also removable and reusable, and won't damage walls or wood. To cover something with a decal (such as the chair on page 90), start by tracing the shape you want to cover; cut a template to that size out of acetate. Have the decal made slightly larger. Place the template on the photo, framing the image in a pleasing way. Trace around it and cut it out, then adhere according to the instructions and trim with a craft knife as needed.

Custom vinyl mural print, *from $25, fathead.com.*

B. Rice Paper

+ Rock weights, page 91

We used thin rice paper with a subtle texture on one side. It is slightly translucent, so once it is adhered to the rock, it becomes "part of the rock," rather than appearing to be sitting on top. It is a little tricky to print on because of its thinness. To help it feed through your printer smoothly, adhere a strip of clear tape along one entire short edge on the textured side of the paper; print on the smooth side of the paper.

Rice paper, *9½" by 13", $10 for 100 sheets, dickblick.com.* **Découpage medium,** *by Martha Stewart Crafts, in Matte, $10, michaels.com.*

C. Professionally Printed Fabrics

+ Pillows, page 88

Printing your own fabric works well for some projects, but there are benefits to having your designs printed professionally. You can create larger pieces, choose from a wider range of textiles, and usually get sturdier results (with fabrics that are machine-washable, for example). We like Spoonflower, which is easy to use—you upload your image, and they do the rest. The pillows on page 88 are made with a linen-cotton blend. (For pillow-sewing how-tos, go to *marthastewart.com/pillow-sewing.*)

Printed cotton canvas, *from $25 a yd., spoonflower.com. (The photo designs shown here are for sale on the website.)*

D. Print-Your-Own Fabrics

+ Pennants and place-mat pockets, page 91

Sheets of lightweight cotton come with paper backing, so it's easy to feed them through a printer. The ink permeates the fabric but doesn't stiffen it; the sheets remain soft and flowy. We didn't hem the fabric; we like the cut edges and accentuated the effect by fringing them slightly.

Cotton inkjet fabric, *by Jacquard, 8½" by 11", $12 for 10 sheets, michaels.com.*

E. Iron-on Sheets

+ Canvas cases, page 92

Iron-on sheets are readily available and can be applied to almost any fabric. They have a plasticky feel that might not be ideal on a delicate fabric but works beautifully on canvas (as for our cases)—it gives the cloth a quality similar to that of a waxed coating. Follow the package instructions for printing and applying them. Cut the fabric a little larger than you need for your project, iron your image onto it, and then trim the edges.

T-shirt transfer for inkjet, *$14 for 6 sheets, avery.com.*

F. Water-Slide Decals

+ Shell pendants, page 89
+ Glass votives and vases, page 91

These superthin clear printable decals come on a paper backing. Give them a coat of clear varnish, then soak them briefly in water—they will slide off the backing, ready to be applied to shell pendants, glass, or another smooth surface. Trim the edges more precisely once they're applied.

Clear water-slide decal paper, *8½" by 11", $17 for 20 sheets, decalpaper.com.* **Kamar varnish,** *by Krylon, $6.50, dickblick.com.*

Created by
Marcie McGoldrick,
Jaspal Riyait, Silke
Stoddard, and Tanya Graff
Text by Amy Conway



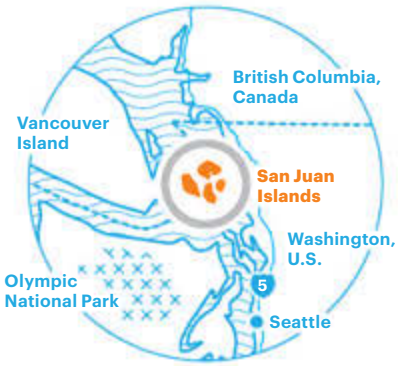
Fog burns off by mid-morning to reveal an island lush with evergreens. **OPPOSITE** Shira; her husband, Dan; and his dad, Art, pick Dungeness crabmeat from the shells to be used in their dinner later. "Our little part of Decatur is at the top of the island, 480 feet above sea level," says Art, who has been spending his summers here since 1995.



ISLAND *idyll*

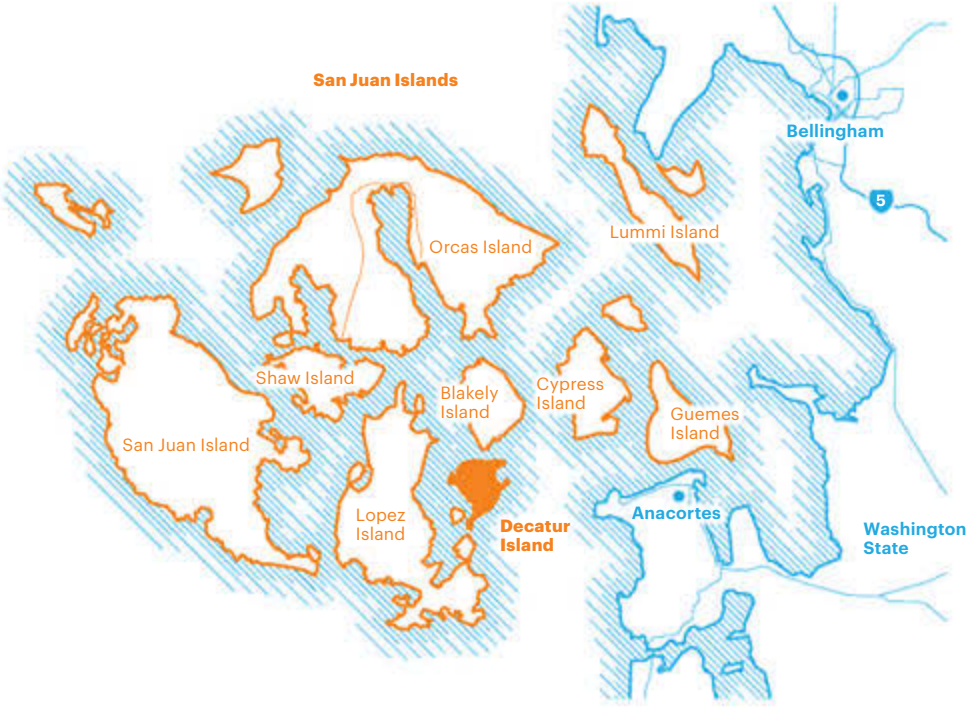
THERE'S NOT MUCH TO DO ON DECATUR ISLAND, IN WASHINGTON STATE—AND THAT'S JUST HOW ITS RESIDENTS LIKE IT. FOOD EDITOR SHIRA BOCAR SHARES HER FAVORITE PLACE TO BE ONCE SUMMER ROLLS AROUND, AS WELL AS FOODS THAT SHOWCASE THE ISLAND'S BOUNTY. (CRAB CAKES AND BERRY PIE, ANYONE?)

photographs by **RANDY HARRIS** *text by* **FAN WINSTON**



How to get there

A state ferry serves many of the San Juan Islands, but not Decatur. To visit, you can rent a property in one of several communities there, each of which offers its own transportation from the mainland. Shira gets to Decatur by taking a 45-minute ferry ride from Anacortes, Washington.



When most people find they've forgotten to pack an essential on a trip, they simply head to the hotel lobby or nearest grocery store—and problem solved. When *Martha Stewart Living* food editor Shira Bocar and her husband, Dan, prepare their bags for a stay at the summer home his father, Art, owns on Decatur Island, though, they know there's little room for such packing errors. "Basically, you have to bring everything you think you may need," says Shira, "because there are no stores on Decatur," a three-and-a-half-square-mile island off the coast of Washington State.

What the island does have is miles of hiking trails; verdant, flower-filled woodlands; picturesque pastureland that supports roaming sheep; breathtaking vistas from up in the highlands; and a gorgeous rocky coastline for beachcombing and crabbing. There are no restaurants or hotels to speak of, which means that if you want a meal, you have to cook it yourself, but you won't find many people on Decatur complaining about their absence. "It's super low-key here—you lose track of time—and what we like to do anyway is hang out and cook," Shira says.

What's usually on the menu? Anything with crab. Dungeness crabs thrive in the frigid waters of the Pacific Northwest, and here on Decatur, they're a major draw. "Everyone goes crabbing. Dungeness meat is unbelievably sweet," Shira states emphatically. Once father and son have pulled up their haul and steamed the crabs, the group spends the remainder of the day picking (and sampling) meat from the shells, drinking beer, and planning the evening's dinner. "With one catch, we usually get enough crabmeat for two days' worth of meals," she says. "It's great the next morning in omelets. What we don't use, we freeze." Blackberries and cherry plums grow wild on the island, so they're often on the menu as well—garnishing cocktails and filling desserts. "We quite literally 'pick' our meals when we're here."

There's also a fair share of just gazing at the view, which from the family's home is pretty spectacular. "It's above the fog line in the highlands, and as the day goes on, you can watch the fog dissipate," says Shira. Art, who lives primarily in Seattle, bought the property 20 years ago in a 600-acre section of the island known as Decatur Northwest. The community has just over 90 homes, mostly modest in both size and style. "Most of the houses are built of wood. There's a design-review community that approves buildings, and they prefer structures to blend in; they don't like it if you can spot it from the water," says Art.

With their thriving community gardens, communal compost pile, and Saturday farmers' market, the homeowners on Decatur, Art says, are environmentally conscious. They want to preserve the island's wildness and natural beauty—and keep it a place where, if you need something, you run to your neighbor's house, not a retail strip. Besides, the land and water already offer pretty much everything you need.

GONE CRABBING

1. Dan pulls up a pot (a wire cage for catching crabs) that was baited with salmon heads and tails and dropped into the water the morning before. **2.** Washington State has strict rules in place to protect the Dungeness-crab population: You must have a permit; each permit holder is allowed to catch up to five crabs a day; each crab must measure at least six and a quarter inches; and all female crabs must be released. **3.** After the crabs are steamed, the meat-picking begins. While the rest of the family uses standard crab crackers to retrieve the sweet lump and leg meat, Art prefers to use a screwdriver. **4.** Most crab-cake recipes call for breadcrumbs or soda crackers; Shira loves oyster crackers, so she crushes them up and folds them into the crab mixture before pan-searing the cakes.

>> For recipes, see page 119.

ILLUSTRATION BY EVAN APPLEGATE



1

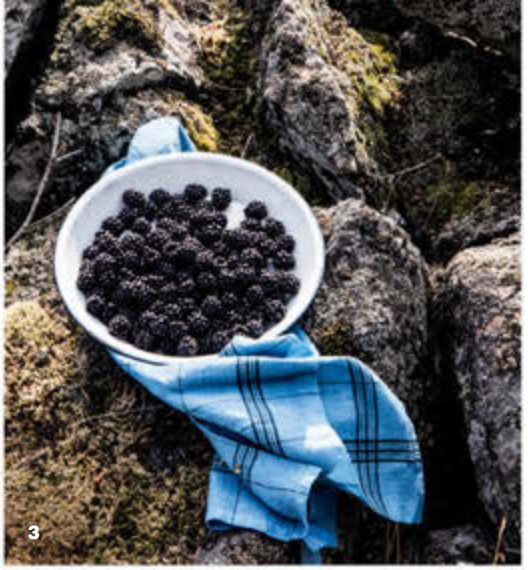

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3


4













FRESH PICKINGS

1. Shira and a friend pick cherry plums to be used in cocktails. **2.** At the dock on Decatur, there's a communal cleaning station, as well as a steamer set up so crabs can be prepared soon after they're caught. **3.** Blackberries are abundant on the island; it takes just minutes to pick enough for a large pie. **4.** For this blackberry-and-raspberry pie, Shira cut out squares in the top crust with a cookie cutter to mimic the look of lattice strips. Instead of discarding the cutouts, she sprinkled them with cinnamon sugar and baked them. **5.** A perfect summer salad of sliced tomatoes is dressed with fresh herbs, salt, and olive oil, and paired with fresh goat cheese and grilled bread. **6.** Some of the cherry plums are tossed with sugar, then soaked in vodka for a sweet-tart cocktail garnish.













TREASURE ISLAND

1. Moss covers the ground in the woodland interior of the island. **2.** "The water is darn cold here," says Art; the water temperature in the summer is usually in the low 50s, too cold for swimming. **3.** Shira's Decatur drink of choice is a play on the Negroni, featuring cherry plums muddled with sugar, Aperol (a citrusy Italian aperitif), gin, seltzer, and a twist of orange. **4.** Flowers, vegetables, and herbs grow in the community garden; here, Shira snips mint for the tomato salad. **5.** Aside from crabbing, Art's hobby is pottery; he sells his vases and platters at Decatur's farmers' market every Saturday. **6.** There are no property lines in Decatur Northwest: "You can hike almost anywhere you want," says Art—and so can the sheep, which often amble in front of his home, on the stretch of pastureland that the family calls "Sheep Highway."

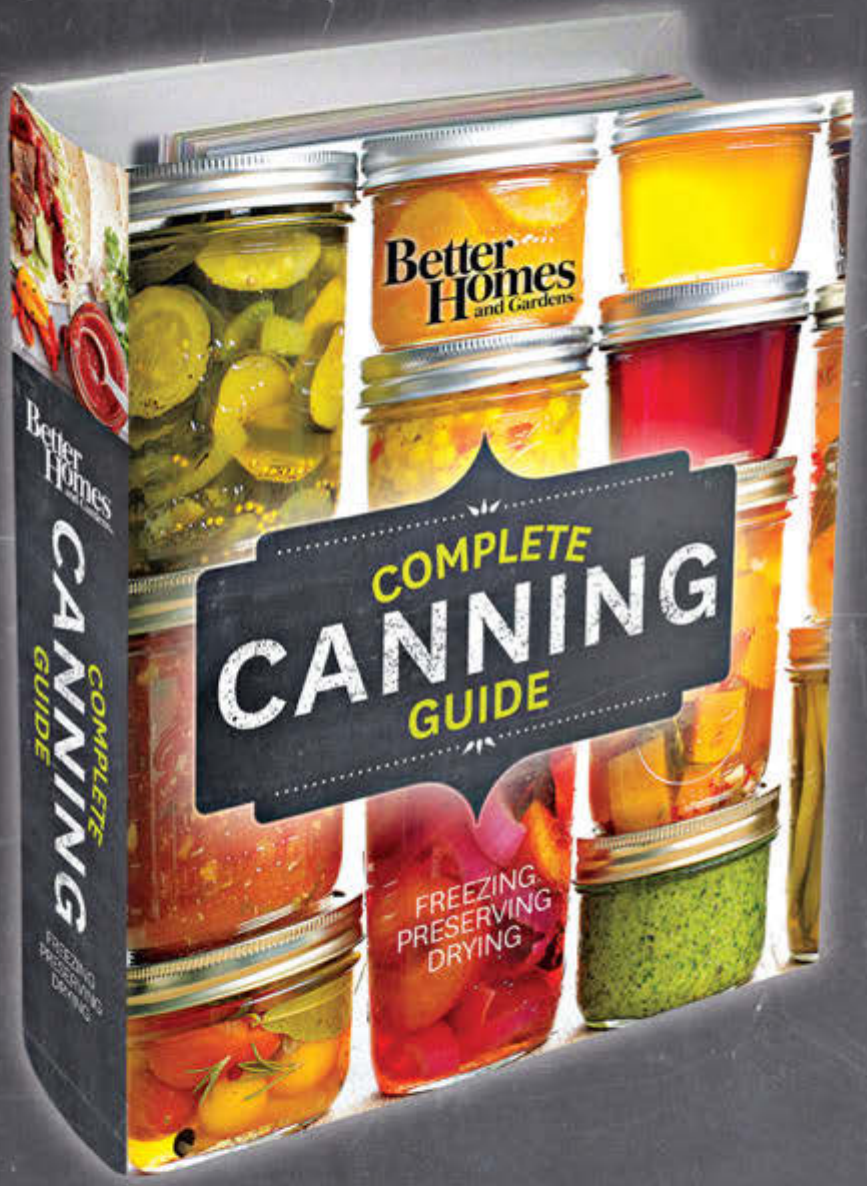


Produced by
Shira Bocar and
Jennifer Wagner



TASTES OF SUMMER "This is a big-yield pie for crowds," says Shira of her free-form dessert, which is twice the size of the average pie; its leftovers are eagerly gobbled up at breakfast the next morning, as well as shared by Art with fellow vendors at the farmers' market. **OPPOSITE** Besides crab cakes and pie, the evening's menu includes grilled rib-eye steaks marinated with rosemary; skillet paprika potatoes; sweet Walla Walla onions, grilled and dressed with white-wine vinegar; and wedges of romaine lettuce drizzled with a creamy lemon dressing and topped with chives and their blossoms.

ENJOY THE DELICIOUS TASTES OF SUMMER ALL YEAR LONG









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ASK MARTHA

HOW CAN I MAKE JEWELRY OUT OF SEASHELLS?

—Tracy Stone, Chestertown, Md.

Wearing beach finds as jewelry gives you custom accessories reminiscent of summer. To make a pendant, choose a good-size shell, like the mussel shown, *left;* drill a hole in it with a craft drill (for the how-to, turn the page). Then, with pliers, attach a jump ring (available at crafts stores), and thread it with a strand of bead cord. If you have a bunch of tiny shells, drill a hole in each and string multiples onto one cord. We like pastel bead cord for a subtle look, and brighter colors for contrast.

PHOTOGRAPH BY BRYAN GARDNER

Drill near the shell's edge if you're using jump-ring fasteners.

Tie knots between evenly spaced shells for a delicate bracelet.

marthastewart.com/shell-crafts
Discover other ways to craft with beach finds.

HOW-TO

Drilling a Shell

(from previous page)

Supplies

Kitchen sponge
Shallow plastic container
Shell
Craft drill
Diamond-coated drill bit, 1 millimeter

Sources

Micro Max cordless rotary-tool kit, *by Dremel, 8 volt, $89, homedepot.com.*
Diamond-coated twist drill bit *(#56), by Eurotool, $6, metalliferous.com.*



1. Place sponge in container. Fill with enough water to just cover sponge. (The water will keep the drill from overheating and the shell from cracking.)

2. Set shell on sponge, top-side down, and hold securely with your fingers, as shown. Keeping edges barely submerged, slowly drill through shell.

Q: I'm new to vegetarianism. How can I make sure I get enough protein? –Timothy Oliver, Danvers, Mass.

A: The required daily amount of protein varies by age, gender, and level of physical activity. In general, adult women who fit in at least 30 minutes of moderate exercise (such as jogging or biking) five times weekly should consume 5 to 5.5 ounces of protein per day. Women who work out more should increase their protein intake accordingly. Each of the following options offers a meatless alternative for **one ounce of protein.** For more information, check out *choose myplate.gov.*



Q: How do I prep mussels for cooking?

—Andy Thompson, Providence, R.I.

A: The freshest mussels are those with shells that look clean and shiny and are tightly closed. To get them ready for cooking, follow these simple steps.



1

Inspect each shell for cracks and openings, and discard any that have them.



2

Rinse the mussels in cold water, scrubbing them with a scrub sponge or vegetable brush to remove sand and grit.



3

De-beard the mussels with your fingers: Simply grip the tough fibers that extend from the shell and pull them off.

PHOTOGRAPHS BY BRYAN GARDNER; ILLUSTRATIONS BY BROWN BIRD DESIGN (MUSSELS); THE ELLAPHANT IN THE ROOM (PLANTS)

Q: Can you suggest a seasonal take on cheese and crackers?

—Alex Conover, New York City

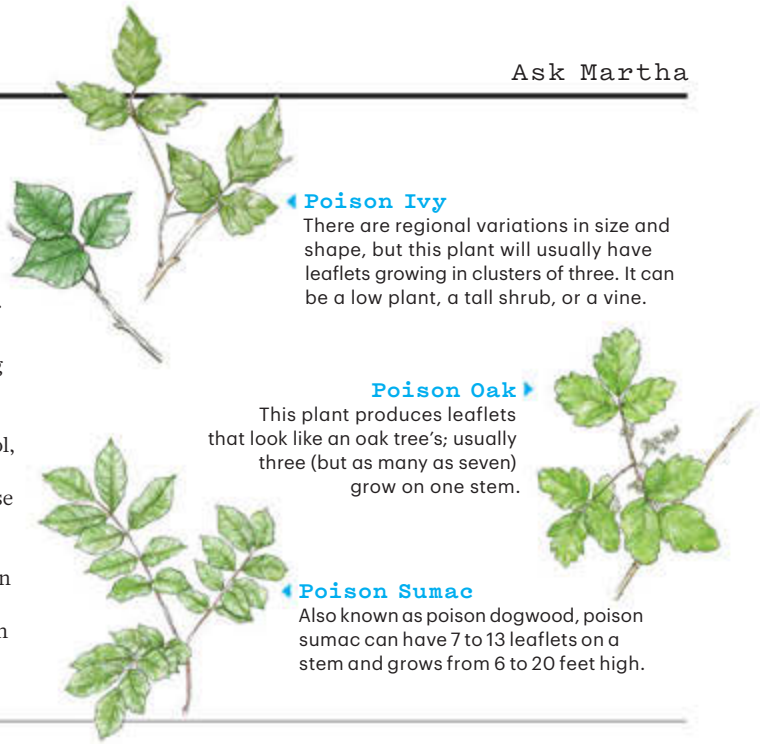
A: Top crackers with a dollop of fresh ricotta and ripe summer berries. They make a perfect afternoon snack or even dessert.



Q: How can I identify poisonous plants at a glance?

—Zach Magoto, Lexington, Ky.

A: There's no hard-and-fast rule to recognizing irritating plants; the most common varieties are shown here. "The itch is caused by urushiol, an oil from the plant," says Joan McVoy, a registered nurse and educator at the Nebraska Regional Poison Center, in Omaha. Wash exposed skin immediately with soap and cool water, then soothe with colloidal-oatmeal products.



Poison Ivy
There are regional variations in size and shape, but this plant will usually have leaflets growing in clusters of three. It can be a low plant, a tall shrub, or a vine.

Poison Oak
This plant produces leaflets that look like an oak tree's; usually three (but as many as seven) grow on one stem.

Poison Sumac
Also known as poison dogwood, poison sumac can have 7 to 13 leaflets on a stem and grows from 6 to 20 feet high.

WE WANT TO HEAR FROM YOU! Send your questions to Ask Martha, c/o Letters Department, *Martha Stewart Living,* 601 West 26th Street, New York, NY 10001, or to *askmartha@marthastewart.com.* Please include your full name, address, and daytime phone number. Letters and messages become the property of Martha Stewart Living Omnimedia Inc. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

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Rise above everyday annoyances with a little meditation.

MIND OVER CHATTER

Life can often seem out of control—but *you* don't have to be. Meditate a few days a week and, chances are, you'll get a better grip on potential frustrations and anxieties. The best part: You can find your way to inner peace and serenity just about anywhere and anytime.

ILLUSTRATION BY BEA CRESPO

AS IT'S OFTEN been said, no matter where you go, there you are. And now more than ever, thanks to your smartphone, so are your boss (via email), your kids (via text), your friends (via Facebook), and the latest breaking news (via Twitter). Even beyond the reach of your phone, your mind still percolates with various preoccupations. (*Must remember to request that health-insurance reimbursement! Wait, where is the receipt?*)

Small wonder, then, that you might occasionally want an escape from all this. Your phone you can turn off with the switch of a button. But your brain? Meditation can do the trick: "We're all hyperconnected, functioning 24-7, but we need to schedule in downtime," says Suze Yalof Schwartz, a meditation teacher and founder of Unplug Meditation Studio, in Los Angeles. Sure, exercise can help, but these days that can also mean junking up your brain with more stress, not less, with apps that give second-by-second feedback on speed and exertion, classes that require cutthroat reservations, and yoga—deep-breathing yoga!—that calls for specialized gear.

Meditation, on the other hand, doesn't involve fancy equipment (just a pair of lungs), and emerging research suggests it can provide impressive mind-body benefits: clearer focus, reduced stress, and maybe even long-term mental acuity. Better yet, you can reap some of these benefits in spare minutes throughout your day—as you're waiting for the bus, while you're walking to the bank, when you're chopping shallots for dinner. (To find out how, see "Meditation for Beginners," page 110.)

"There are more ways to meditate than there are to cook an egg," says Schwartz. "It's for anyone who wants to be a highly functional person, a calmer parent, or a worker who wants to bring her brain back when it takes a hike." Indeed, meditation can help with problem-solving: A Dutch study, published in the journal *Mindfulness*, found that as little as 25 minutes of open-monitoring meditation (see "Meditation Glossary," page 110, for a description) led to creative thinking. What's more, the spark of creativity was seen in both experienced meditators and beginners.

This isn't just magical thinking. Meditation seems to work at a physiological level in the brain to alleviate anxiety, a 2013 study at Wake Forest School of Medicine, in Winston-Salem, North Carolina, found. MRI results suggested that the part of the brain governing thinking was more activated after subjects participated in a mindfulness »

PARTNERS' PICKS

Summer is in full swing, and this month's Partners' Picks are perfect for outdoor entertaining. Colorful melamine dinnerware and beautiful patio furniture are just what you need to make the most of the warm weather.



1



2



3



4



5



6

1. Summer Picnic Melamine Dinnerware by Martha Stewart Collection™, available exclusively at Macy's, $17 - $42, macys.com/martha.

2. Acrylic Beverage Dispenser by Martha Stewart Collection™, available exclusively at Macy's, $84.00, macys.com/martha.

3. "American Dog" T-Shirt by Martha Stewart Pets®, available exclusively at PetSmart, $14.99, petsmart.com/marthastewart.

4. Fabric Drawers by Martha Stewart Living™, available exclusively at The Home Depot; in Azurite Blue and Sandpiper, $8 each, homedepot.com/marthastewart.

5. Flower Pom-Poms by Martha Stewart Crafts®, available at Jo-Ann Fabric and Crafts Stores, $24.99, joann.com.

6. Lake Adela Patio Collection and Crosslink All-Weather Rug by Martha Stewart Living™; furniture in Bone starting at $199; rug in Brown/Natural starting at $107, available exclusively at Home Decorators Collection, homedecorators.com.

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training session than before it; there were also dips in anxiety of as much as 39 percent. And a study last year at Carnegie Mellon University, in Pittsburgh, published in the journal *Psychoneuroendocrinology*, found that people who participated in 25-minute training sessions in mindfulness meditation for just three days felt less stressed during a trying situation than those who didn't. "Mindful meditation can decrease reactivity. It helps bring attention to any stressful experiences that may be occurring—racing thoughts, racing heart, angry emotions—and rather than being judged as good or bad, they're viewed neutrally and with acceptance," explains Emily Lindsay, a graduate student in psychology at CMU and a coauthor of the study. "In that way, negative responses don't build on themselves and spiral out of control. They're simply noticed and allowed to pass, and attention moves on to the next event."

Or, as Schwartz describes it, meditation creates and maintains "the space between your emotions and the logical part of the brain. You're able to see when you're bringing your emotions into a situation, and it lets you access your pause button and ask yourself, 'Do I really care?'" she says. "When you are tapped in to how you feel, it makes everything clearer instead of clouded by emotion."

Such clarity can be deployed for quotidian annoyances—when you might otherwise snappishly respond to your lollygagging child—as well as bigger challenges. Take, for instance, a stay-at-home mom we'll call Anne, who started meditating during a painful divorce. "I went to buy a copy of *After the Affair* [a self-help book] and spotted the Dalai Lama smiling benevolently at me from the cover of *The Art of Happiness*, so I bought that, too," she recalls. And since the Dalai Lama wrote about meditation, she looked into that as well. Over the past two years, "meditation has made me stronger, almost physically stronger. In the same way that going to the gym and lifting weights can make you stronger, I feel as if my mind is better able to withstand the difficulties of life," she says. "Meditation is always available. When something difficult happens, or even when something is annoying in a rather trivial way, it helps me cope."

Meditation can help you manage physical pain as well as psychological pain, new research has found. Patients with chronic neck pain and stress reported a significant reduction in pain after eight weeks of meditation training, compared to those who exercised as pain-relief treatment, the *Journal of Pain* reported in January. Meditating for the long term could bring on even more gains: In January, a study at the University of California–Los Angeles Mindful Awareness Research Center found that, compared to non-meditators, people who had meditated regularly for an average of 20 years showed less decline in gray matter in the brain, which is linked to cognition and memory efficiency, says coauthor Florian Kurth of UCLA's department of neurology. While he says more research is needed to clearly link meditation to improved cognition and increased gray matter, he does point out that "meditation is so incredibly affordable—all you have to do is sit down for five minutes"—so what do you have to lose, besides stress and anxiety? —*Rory Evans*

MEDITATION GLOSSARY

A guide to popular practices.

1. Mindfulness meditation
You concentrate on one thing, like your breathing. (This is also known as focused-attention meditation.)

2. Zen meditation
This form begins in sitting position but can involve movement such as walking.

3. Open-monitoring meditation
Like a spectator, you observe the thoughts that come in and out of your wandering mind.

4. Vedic meditation
You repeat a word or mantra. (One widely known form is Transcendental Meditation.)

MEDITATION FOR BEGINNERS

If you're afraid you'll do it wrong, try guided meditation. This is akin to having a personal trainer at the gym. An instructor talks you through the exercise of clearing and focusing your mind. Find a class at a gym or yoga studio, or listen to sessions—some as brief as five minutes—on apps like Headspace or Insight Timer, which offers guided meditations from luminaries like Eckhart Tolle (both are free from the App Store or Google Play).

If you can't be still, try moving meditation. If you can knit or chop vegetables, you can meditate. "There's meditation when you're focusing on making each stitch as you're knitting," Schwartz says. Indeed, a series of books by Thich Nhat Hanh—including *How to Walk* and *How to Eat* (Parallax Press; $10 each)—provides instruction on how to meditate while engaging in everyday activities.

If you don't have time, try taking a breath. "You can cumulatively meditate—one minute of every hour. That's all you need," Schwartz says. "You can do this while in line at Starbucks. Take a breath for two or three seconds, observe the situation, identify how you feel, then exhale and proceed with your life. You've just meditated."

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DESTINATION: DOG-FRIENDLY USA

Hitting the great outdoors this summer doesn't have to mean leaving your furry friend behind. We've sniffed out the best sights on land and by the sea for the happiest trails (and tails!).

PHOTOGRAPH BY THERON HUMPHREY



Take a Hike!

If exploring nature with your pooch is on your summer to-do list, keep in mind that many national parks only allow leashed pets in parking areas, in campgrounds, and within 100 feet of roads. Good news: There are a few major vacation spots and a slew of off-the-beaten-path destinations that are just as scenic. Start with these suggestions; for more ideas, go to *petfriendlytravel.com/national_parks.*

Grand Canyon National Park permits leashed dogs on a number of trails along the southern rim, including Shoshone Point, with its unmatched panoramic vistas.

Dogs can explore the entire terrain at Arizona's **Petrified Forest National Park,** which boasts one of the world's largest collections of petrified wood, ancient plant and animal specimens, fossils, and petroglyphs, as well as the watercolor canvas of the Painted Desert.

At **Shenandoah National Park,** in the southern Appalachian Mountains, dogs can roam free on all but about 20 of its 500 miles of trails, complete with dense forests, wooded hollows, rock walls, rambling rivers, quartzite formations, and waterfalls.

Dogs are allowed on 100 miles of trails and 45 miles of carriage roads (and even on the porch of the Jordan Pond House) in **Acadia National Park,** on the Atlantic coast of Maine. The scenery can't be beat—rock cliffs, forests, ridges of granite, and lakes.

Deemed "the Grand Canyon of the East," **Letchworth State Park** in upstate New York has waterfalls, million-year-old rock formations, 28 hiking trails, and 600-foot-high rock cliffs—all open to dogs.

Just Add Water

There are many beaches around the country where you and your pooch can go for a swim. Generally, beaches permit dogs on a leash during certain hours or in certain areas (go to the locale's website for specific rules), but there are exceptions (see below). Bring a current dog license and proof of up-to-date vaccinations. For more options, check out *petfriendlytravel.com/dog_beaches.*

Pups can run free from 7 a.m. to dusk at Fort Myers's **Dog Beach,** in Florida, where you can wash off sandy paws at the doggy showers.

Leashed dogs will find miles and miles of cliffside beaches along the **Cape Cod National Seashore.** Just steer clear of any areas that are lifeguard-protected and of any posted locations during shorebird nesting periods.

At Chicago's **Montrose Dog Beach,** pups can romp off-leash from sunrise to 9 p.m. Be sure to pick up a Chicago Park Dog Friendly Area tag from a local vet.

Splashing off-leash is encouraged at these spots, too: **Canine Beach at Bozeman Ponds** in Bozeman, Montana; **the town beach in Duck,** in North Carolina's Outer Banks; and San Diego's **Coronado Beach.** So grab your best buddy and lap up some fun in the sun! *—Jenny Tzeses*

Sit & Stay

These lodgings go the extra mile to make dogs feel right at home.

At the Hotel Monaco in Alexandria, Virginia (*monacoalexandria.com*), you'll be greeted by Charlie, a bichon frise. Dog beds, bowls, and toys are also provided. On Tuesday evenings (April through October), the restaurant next door hosts a "Doggy Happy Hour" for owners and their pets—which stay for free.

The El Portal Sedona Hotel, in Arizona (*elportalsedona.com*), offers guest rooms with gated decks and a 1,000-square-foot enclosed, dog-friendly patio. Pets are welcomed with a blanket, doggy-waste bags, and treats. The owners can arrange scenic Jeep tours for you and your furry companion. Pets stay for free.

Canines and their humans are in the doghouse (literally) at the Dog Bark Park Inn in Cottonwood, Idaho (*dogbarkparkinn.com*). Guests lodge inside a giant carved-wood beagle clad in doggy-themed décor. There's a $15 pet fee.

Barnsley Resort, in northwestern Georgia (*barnsleyresort.com*), provides pets with all the creature comforts they might need. Ask for its Pampered Pets for PAWS room rate.

Located in Oregon's wine country, the Allison Inn & Spa (*theallison.com*) welcomes pets in its terrace rooms and on the patio overlooking the grounds. There's a $50 fee.



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Hang shirts upside down to prevent noticeable stretch marks in the shoulders. Colored items should hang inside out to discourage fading.

EASY-BREEZY LAUNDRY

You may be wearing fewer layers this season, but between gardening, picnics, and trips to the beach, your laundry hamper is likely overflowing with items that require extra attention. Here, we present the best ways to wash and dry swimsuits, beach towels, and other warm-weather essentials.

ILLUSTRATION BY SARAH JACOBY

TIP Dry your wash outdoors on a beautiful day—you just might not mind doing the laundry so much. Plus, line-drying is better for the environment (machines suck up a huge amount of energy), not to mention gentler on your clothing (dryers can overdry and thin out fabric fibers). Both of these side benefits can add up to significant savings.

Whites

Summer is an ideal time to trot out your whites: Not only do they help you stay cool, but drying them in the sun is a great way to naturally bleach and deodorize them. To keep whites bright, always separate them from colored laundry, use the hottest water allowed by the care label, and wash them with oxygen bleach.

Swimsuits

Always put on sunblock—and let it dry—before your swimsuit, since sunblock can stain. After each wear, hand-wash your suit in cold water with mild soap, "like bodywash or baby shampoo," says Liz Kraemer, a spokesperson at clothing company Malia Mills. Laundry detergent is too harsh (it can cause fading in swimsuit fabric), as is the agitation of a washer, even on the gentle cycle. To dry the suit, lay it flat in the shade; never wring it out.

Beach Towels

Make sure to shake sand off towels before you throw them into the washing machine. Sand tends to stick to wetness, so if the towels are damp, hang-dry them first; otherwise, the particles can become embedded during the wash cycle and weaken the fibers. Once each towel is sand-free, wash and dry it according to the label. Avoid using fabric softener, which can reduce towels' absorbency.

Linen

"Shrinkage is a common problem when it comes to natural fibers," says Mary Begovic Johnson, principal scientist with P&G Fabric Care. So wash linen articles in cold-to-tepid water (after separating whites from darks), then hang-dry and iron them when they're still slightly damp. When laundering a linen item for the first time, consider washing it separately—it will likely lose some lint, which could then end up on other clothing.

Summer Stain Solutions

Each of these stains needs to be pretreated differently, but there is one universal tip: Eliminate the stain completely before you toss the item in the dryer. Heat will set the stain.

Grass Apply a stain remover or a solution of one part vinegar to two parts water before washing. Make sure to work it into the fabric (try an old toothbrush), as stains can penetrate all the way through. Then launder the item with an enzyme detergent, such as Tide Ultra Stain Release.

Perspiration Stains on whites can be soaked overnight in oxygen bleach and hot water. For fresh stains on colored shirts, rub shampoo on the soiled spots, then launder as usual. For set-in stains, grind four digestive-enzyme tablets; mix them with water to make a damp paste. Rub it onto the stain and let it sit for at least an hour.

Ketchup Scrape off the remains, then flush with cold water from the back of the stain (to prevent further seepage). Next, soak the item in tepid water to remove as much color as possible, then erase the rest using an eyedropper filled with white vinegar. Finally, treat it with a stain remover.



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HOW-TO

Print-Your-Own-Fabric Pennants PAGE 91



Supplies

- Photos
- Inkjet printer
- Printable fabric
- Pin
- Fabric tape

To make sure the entire garland wouldn't look too busy, we mixed graphic red, white, and blue images with simple shots of nature and people. We also used images that were vertical or could be cropped into a vertical orientation.

1. Print photos onto paper-backed cotton (you can print two side-by-side on a sheet of 8½-by-11-inch fabric). Trim fabric as necessary; remove paper backing. To fringe edges slightly, pull out a few threads on each side with pin.

2. Peel off fabric tape's backing. Place tape adhesive-side up. A few inches from one end, position one pennant on tape, so top of pennant runs along center of tape. Fold tape over pennant, sandwiching fabric in fold of tape. Leave a few inches, then add another in the same way. Continue adding pennants until garland reaches desired length.

Sources

Cotton inkjet fabric, *by Jacquard, 8½" by 11", $16 for 10 sheets, michaels.com.* **Striped fabric tape,** *$5.50 a roll, cutetape.com.*

HOW-TO

Water-Slide-Decal Projects PAGE 89



Supplies

- Photos
- Inkjet printer
- Clear water-slide decals
- Spray varnish
- Bowl of water
- Smooth shells, glass votives, or vases
- Detail scissors
- Pin and cord (for pendant)

1. On your computer, size photos for desired decals. Print onto decal paper. Spray with varnish; let dry.

2. Cut roughly around images, leaving a small border. Put in water until decals start to peel off backing, 2 to 3 minutes. Slide a decal onto a shell pendant, votive, or vase. Blot with a paper towel. Let dry slightly, then trim with detail scissors as needed (e.g., to align with edge of pendant). Let dry. For pendant, use pin to make a hole in decal, aligned with shell's hole. For a more durable finish, spray with more varnish. For pendant, thread cord through hole.

Sources

Inkjet water-slide decal paper, *in Clear, 8½" by 11", $17 for 20 sheets, decalpaper.com.* **Kamar varnish,** *by Krylon, $6.50, dickblick.com.* **White shell pendants** *(#88710), in Oval, $3 each, mjtrim.com.* **Round shell pendants** *(not shown), 44 mm, $5 for 2, firemountaingems.com.* **Precision scissors,** *by Martha Stewart Crafts, $15, michaels.com.*

HOW-TO

Rock Weights PAGE 91



Supplies

- Rocks
- Photos
- Rice paper
- Inkjet printer
- Clear tape
- Découpage medium and brush

1. Choose rocks with one side that is fairly flat. On your computer, size each photo roughly to size of a rock.

2. Print photos on smooth side (not slightly textured side) of rice paper; to help feed paper (which is thin) through printer, first put a strip of tape all the way along one short edge of paper, on textured side. After printing, carefully remove tape.

3. Cut out image, trimming to fit shape of rock. Brush découpage medium onto back of photo, press onto rock, and smooth into place. Let dry slightly before coating image with more découpage medium. Let dry.

Sources

Rice paper, *9½" by 13", $10 for 100 sheets, dickblick.com.* **Découpage medium,** *by Martha Stewart Crafts, in Matte, $10, michaels.com.*

HOW-TO

Iron-On Canvas Case PAGE 92



Supplies

- Photo(s)
- Inkjet printer
- Iron-on transfer
- Canvas
- Elastic band
- Sewing supplies

1. Determine overall size of material needed for your case. (For the 4¼-by-5¼-inch case shown, we started with a 4½-by-10½-inch piece to account for front, back, and flap.)

2. On your computer, size photo to those dimensions (or line up a couple of photos to fit overall dimensions). Print onto iron-on transfer. Cut a piece of canvas slightly larger than transfer. Adhere iron-on to canvas, following package instructions. Trim around edges of image.

3. Fold canvas twice, making a pocket with a flap, as shown. Cut elastic to height of case plus 1 inch. Sew along bottom edge of case with a ⅜-inch seam allowance, stitching one end of elastic into seam, as shown. Put other end of elastic in between front and back of case at top edge (elastic should be flat but not stretched taut). Stitch along top edge, making sure not to stitch down outside layer of elastic, so seam matches the one at bottom of case. Fold flap over and bring elastic loop around to secure it shut.

Sources

T-shirt transfer for inkjet, *$14 for 6 sheets, avery.com.* **Imported elastic band,** *10 mm, in Red, $1.75 a yd., pacific trimming.com.*

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Here's the Rub

PAGE 44



SIMPLE COLESLAW

Active/Total Time: **15 min.**
Makes: **4 cups**

- **6 cups shredded cabbage (from about ½ head), a mix of red and green, if desired**
- **2 cups julienned carrots (from about 4 medium carrots)**
- **⅔ cup mayonnaise**
- **2 tablespoons Dijon mustard**
- **2 tablespoons white-wine vinegar**
- **Coarse salt and freshly ground pepper**

In a bowl, toss together cabbage, carrots, mayonnaise, mustard, and vinegar. Season with salt and pepper. Refrigerate until ready to serve, up to 1 day.

Relaxed, by Design

PAGE 76



CHILLED MELON, CUCUMBER, AND MINT SOUP

Active/Total Time: **20 min.**
Serves: **8**

For an extra hint of sweetness, drizzle the soup with a bit of honey just before serving.

- **3 English cucumbers**
- **½ honeydew melon, peeled, seeded, and cut into 1-inch chunks (8 cups)**
- **½ to ⅔ cup fresh lime juice (from 6 limes), plus wedges for serving**
- **1 cup lightly packed fresh mint leaves, plus more for serving**
- **2 cups crushed ice**
- **Coarse salt**
- **2 cups Greek yogurt**
- **Extra-virgin olive oil**

1. Peel, halve, and seed 2 cucumbers, then coarsely chop. (You should have about 4½ cups.) Halve and seed remaining (unpeeled) cucumber; cut into a ¼-inch dice. Working in batches, purée chopped cucumbers, melon, ½ cup lime juice, mint, and ice in a food processor or blender. Season with salt and more lime juice. Transfer soup to a bowl, cover, and refrigerate until ready to serve, up to 2 hours.

2. Smear ¼ cup yogurt onto two sides of each serving bowl. Spoon chilled soup into bowls, drizzle with oil, and sprinkle with diced cucumbers and mint. Serve, with lime wedges.

GRILLED-SALMON SALAD

Active/Total Time: **1 hr.**
Serves: **8**

- **8 anchovies packed in olive oil, drained**
- **1 teaspoon Dijon mustard**
- **1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh juice**
- **½ cup plus 2 teaspoons extra-virgin olive oil, plus more for brushing**
- **Coarse salt and freshly ground pepper**
- **12 ounces very small new potatoes**
- **1¼ pounds skin-on salmon fillet (about 1¾ inches at thickest part)**
- **12 ounces sugar snap peas, trimmed**
- **6 large eggs**
- **3 cups watercress, trimmed**

1. Mash anchovies with a spoon in a small bowl. Add mustard and 2 tablespoons lemon juice. Gradually whisk in ½ cup oil. Season with salt and pepper.

2. Cover potatoes with 2 inches water in a pot. Add 1 tablespoon salt. Bring to a boil, then reduce to a simmer and cook until knife-tender, about 12 minutes. Drain. Let stand until cool enough to handle, then halve potatoes.

3. Heat grill to medium-high. Brush salmon lightly with oil, sprinkle with zest and remaining 1 tablespoon lemon juice, and season with salt and pepper. Brush grill grates with oil, then place salmon on grill, skin-side down. Cook until skin is crisp and browned, about 6 minutes a side for medium-rare, 8 minutes a side for medium. Remove from grill.

4. Place a wire rack on grill (or use a vegetable grill basket). Toss snap peas with remaining 2 teaspoons oil, transfer to rack, and grill, tossing frequently with tongs, until charred in spots, 3 to 5 minutes. Remove from grill.

5. Meanwhile, bring a pot of water to a boil. Gently lower eggs into pot; simmer 8 minutes. Drain, then run under cold water to stop cooking; peel and halve.

6. Pour half of dressing into a serving bowl. Add potatoes; toss to coat. Add watercress and toss again. Flake salmon into large pieces; add to bowl. Top with eggs and peas and serve, with remaining dressing on the side.

LEMON ICE CREAM WITH BERRIES

Active Time: **15 min.**
Total Time: **1 hr., plus overnight**
Serves: **8**

- **1 cup granulated sugar**
- **2 tablespoons finely grated lemon zest, plus 1⅓ cups fresh juice (from 10 lemons)**
- **3 cups heavy cream**
- **1 vanilla bean, split lengthwise and seeds scraped (pod reserved for another use)**
- **½ cup packed light-brown sugar**
- **2 cups halved fresh strawberries**

- **2 cups fresh raspberries**
- **1 cup fresh blackberries**

1. Refrigerate a 5-by-9-inch loaf pan. Stir together granulated sugar and lemon juice until sugar is dissolved. Stir in cream. Freeze mixture in an ice cream maker according to manufacturer's directions, adding lemon zest 10 minutes before ice cream is ready. Transfer to chilled pan, cover, and freeze overnight. Let soften 10 minutes before serving.

2. Meanwhile, combine vanilla seeds and brown sugar in a bowl. Add berries; toss gently to combine. Let stand 15 minutes to allow juices to release. Serve ice cream with berries.

Island Idyll

PAGE 94



CHIVE CRAB CAKES

Active/Total Time: **15 min.**
Makes: **8**

- **½ cup mayonnaise**
- **1 teaspoon Dijon mustard**
- **½ teaspoon Worcestershire sauce**
- **2 tablespoons minced fresh chives, plus more for serving**
- **Coarse salt**
- **1 cup oyster crackers, crushed (¾ cup)**
- **1 pound lump crabmeat, preferably Dungeness, picked over**
- **2 tablespoons safflower oil**
- **Lemon wedges, for serving**

1. Combine mayonnaise, mustard, Worcestershire, chives, and ¼ teaspoon salt in a medium bowl. Fold in crackers and crab just until combined. Using a ⅓-cup measuring cup, form mixture into 3-inch round patties.

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2. Heat a large skillet over medium-high. Add 1 tablespoon oil. Cook half of patties until golden brown and crisp, about 2 minutes a side. Repeat with remaining oil and patties. Sprinkle with chives and serve, with lemon wedges.

CHERRY PLUMS IN VODKA

Active Time: **5 min.**
Total Time: **2 wk.**
Makes: **1 quart**

If you can't find cherry plums at your local farmers' market, you can substitute Italian prune plums or small black or red plums and cut them into halves or quarters (no need to poke them with a fork).

- **1 pound cherry plums, rinsed**
- **¼ cup sugar**
- **14 ounces vodka (1¾ cups)**

Poke plums with a fork and transfer to a lidded 1-quart jar. Sprinkle with sugar and pour in vodka. Cover with lid and shake. Let stand in a cool, dark place 2 weeks, shaking daily. Plums can be refrigerated in jar up to 6 months.

TOMATO-CROSTINI PLATTER

Active/Total Time: **10 min.**
Serves: **6**

- **1 loaf rustic bread, cut into ½-inch-thick slices**
- **Extra-virgin olive oil, for brushing and drizzling**
- **Flaky sea salt, such as Maldon**
- **2 pounds assorted heirloom tomatoes, cut into ½-inch-thick slices if large; halved if small**
- **8 ounces fresh goat cheese**
- **Red-pepper flakes**
- **1 cup mixed fresh herbs, such as basil, mint, and flat-leaf parsley**

Heat grill to medium. Grill bread slices until toasted, 1 to 2 minutes a side. Generously brush with oil and season with salt. Arrange bread, tomatoes, and cheese on a platter. Drizzle tomatoes with oil and season with salt and red-pepper flakes. Top with herbs and serve.

PLUM NEGRONI

Active/Total Time: **5 min.**
Makes: **1**

- **2 cherry plums, halved and pitted, or ½ small black plum, cut into wedges, plus 1 whole plum (or more wedges) for serving**
- **2 teaspoons sugar**
- **1 ounce gin**
- **1 ounce Aperol**
- **¼ cup seltzer or water**
- **Orange-peel twists, for serving**

Using a muddling tool or wooden spoon, crush plums and sugar in an 8-ounce glass. Stir in gin and Aperol until sugar is dissolved. Fill with ice; stir in seltzer. Add orange twists and whole plum; serve.

ROSEMARY GRILLED STEAK WITH SWEET ONIONS

Active Time: **40 min.**
Total Time: **1 hr. 40 min.**
Serves: **6**

- **2 bone-in rib-eye steaks, each about 2 pounds and 1½ inches thick**
- **2 tablespoons chopped fresh rosemary, plus sprigs for serving**
- **Coarse salt and freshly ground pepper**
- **Safflower oil, for brushing**
- **2 sweet onions, such as Walla Walla or Vidalia (2 pounds), cut into ½-inch-thick rounds**
- **1 teaspoon Worcestershire sauce**
- **1 tablespoon white-wine vinegar**

1. Sprinkle steaks with rosemary and 1 teaspoon salt; season with pepper. Let stand 1 hour.

2. Heat grill to medium-high; brush grates with oil. Pat steaks dry, then grill until just charred in spots and a

thermometer inserted into thickest parts (avoiding bone) registers 125° for medium-rare, 7 to 8 minutes a side. With tongs, sear steaks on edges until lightly charred, about 1 minute each. Transfer to a cutting board; let stand 10 minutes.

3. Meanwhile, brush both sides of onion rounds with oil. Season with salt and pepper. Grill, turning occasionally, until tender and lightly charred, about 8 minutes. Transfer to a bowl and toss with Worcestershire and vinegar. Season with salt and pepper.

4. Grill rosemary sprigs until aromatic and just beginning to char, about 10 seconds. Top steaks with sprigs. Slice and serve, with onions.

SKILLET POTATOES

Active Time: **20 min.**
Total Time: **40 min.**
Serves: **6**

2½ pounds new potatoes, scrubbed and cut into 1½-inch pieces

Coarse salt

¼ cup extra-virgin olive oil

1 teaspoon pimentón (smoked paprika)

3 scallions, trimmed and thinly sliced

1. Cover potatoes with 2 inches water in a pot. Add 1 tablespoon salt. Bring to a boil, then reduce to a simmer and cook until knife-tender, about 8 minutes. Drain.

2. Heat oil in a large skillet (preferably cast-iron) over medium-high. Add potatoes and cook, stirring occasionally, until golden and crisp, about 10 minutes. Stir in pimentón and two-thirds of scallions and cook 30 seconds more. Season with salt, sprinkle with remaining scallions, and serve.

ROMAINE WEDGES WITH CREAMY LEMON DRESSING

Active/Total Time: **10 min.**
Serves: **6**

Finely grated zest of 1 lemon, plus 2 tablespoons fresh juice

1 small clove garlic, minced

¼ cup mayonnaise

¼ cup extra-virgin olive oil

Coarse salt and freshly ground pepper

1 head romaine lettuce, cut lengthwise into 6 wedges

2 tablespoons snipped fresh chives, plus chive blossoms for serving (optional)

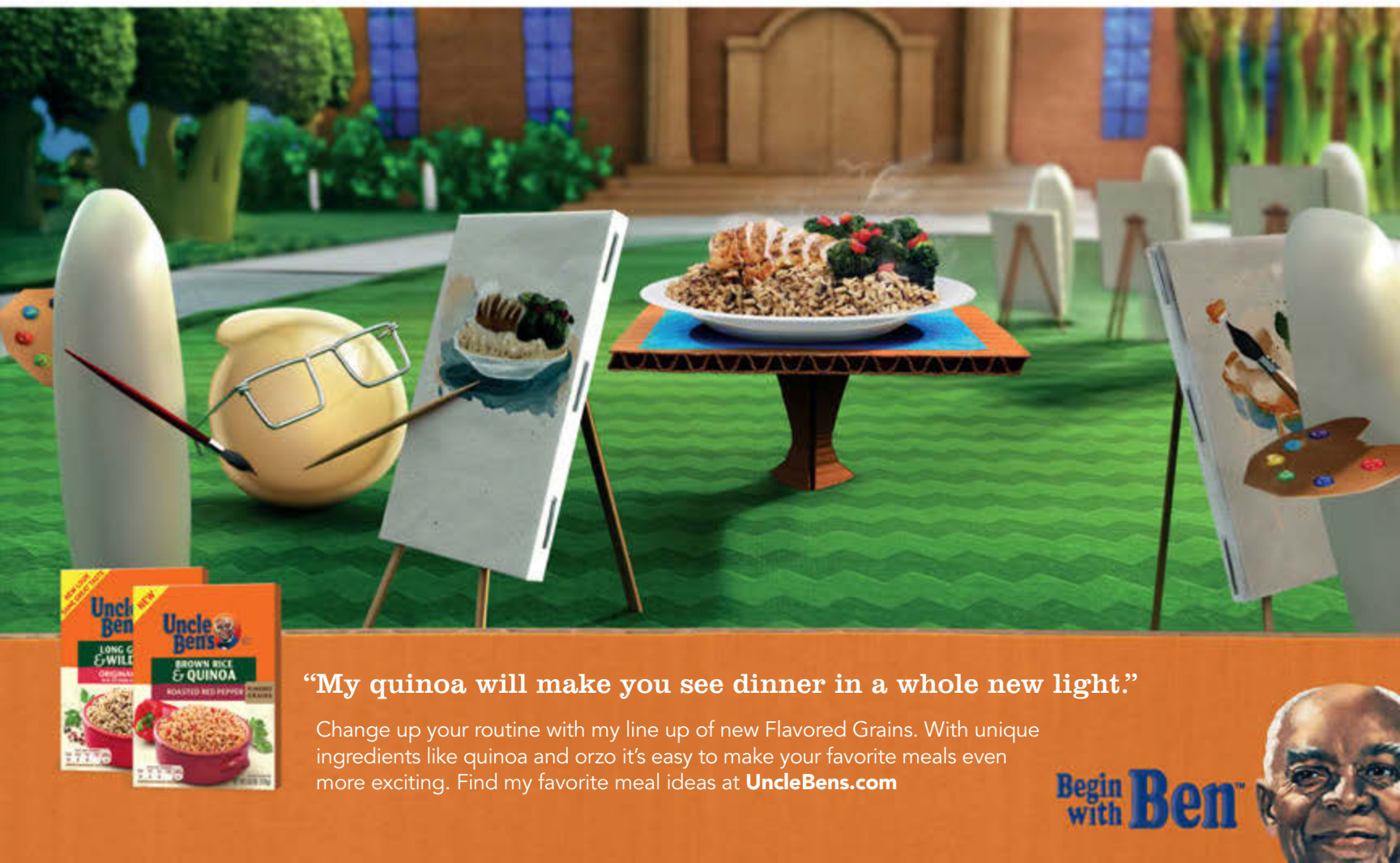
1. Whisk together lemon zest and juice, garlic, and mayonnaise in a small bowl. Gradually whisk in oil. Season with salt and pepper.

2. Arrange romaine wedges on a platter. Season with salt and pepper. Drizzle with dressing, sprinkle with chives, and serve, topped with chive blossoms.

DOUBLE-CRUST BERRY FREE-FORM PIE

Active Time: **20 min.**
Total Time: **1 hr. 30 min.**
Serves: **14**

This faux-lattice pie is created using a square cutter instead of by weaving individual strips of dough. A round cutter can also be used. Bake the extra pieces of dough to serve with tea or coffee: Arrange them on a baking sheet, then brush them with an



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egg wash. Sprinkle with cinnamon sugar or sanding sugar. Bake at 375° until golden brown, about 15 minutes.

All-purpose flour, for dusting

2 recipes Pâte Brisée (recipe follows)

2½ pounds mixed blackberries and raspberries (8 to 9 cups)

3 tablespoons cornstarch

½ cup granulated sugar

2 tablespoons fresh lemon juice

1 large egg, whisked

Fine sanding sugar, for sprinkling

1. On a lightly floured piece of parchment, roll out one disk of dough to an 18-inch round. Transfer parchment and dough to a baking sheet and refrigerate until just firm, about 10 minutes. Meanwhile, on another lightly floured piece of parchment, roll out remaining disk of dough to a 15-inch round. Leaving a 1-inch border, punch out squares with a 1-inch square cutter in rows, spaced about ¾ inch apart, to form a grid. Transfer parchment and dough to another baking sheet and refrigerate 10 minutes.

2. In a bowl, toss berries with cornstarch, granulated sugar, and lemon juice. Spread mixture evenly over center of 18-inch dough round, leaving a 3½-inch border. Center second dough round on top of berries; brush with egg wash. Fold bottom dough over top, pressing to seal and forming pleats as you go. Brush folded edges with egg wash and sprinkle entire surface with sanding sugar. Freeze until firm, about 30 minutes.

3. Meanwhile, preheat oven to 375°. Bake pie, rotating once, until golden brown and juices are bubbling in center, about 1 hour, 10 minutes. Let cool on a wire rack at least 1 hour before serving.

PÂTE BRISÉE

Active Time: **10 min.**
Total Time: **1 hr. 10 min.**
Makes: **One 15- or 18-inch round**

2½ cups all-purpose flour

1 teaspoon sugar

1 teaspoon coarse salt

2 sticks cold unsalted butter, cut into pieces

⅓ to ½ cup ice water

1. Pulse together flour, sugar, and salt in a food processor. Add butter; pulse until mixture resembles coarse crumbs with some small pea-size pieces remaining. Add ⅓ cup ice water; pulse until mixture holds together when pinched. If too dry, add more water, 1 tablespoon at a time.

2. Transfer dough to a piece of plastic wrap and knead once. Pat into a disk; wrap in plastic. Refrigerate at least 1 hour and up to 1 day, or freeze up to 3 months; thaw overnight in refrigerator before using.

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The Zeroll Co.

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More than 80 years ago, while on vacation in Florida, an engineer named Sherman Kelly watched as a vendor struggled, blisters on her hands, to scoop out ice cream. *There must be a better way,* he thought. So when he returned home to Ohio, Kelly set out to create an easy-to-use scoop. Not long afterward, he launched the Zeroll Co. out of his garage.

Cast out of heat-conductive aluminum, the scoop features a liquid core that warms up with the heat of your hand. "Not only did it dish out ice cream better, but it also created perfectly shaped scoops," says Neal Asbury, CEO of the now Florida-based company. Eighty years later, the scoop is a classic, with more than 30 million produced since the tool was introduced. "It was an ingenious invention back in 1935, and it continues to be one today," Asbury says. —*Melissa Ozawa*



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